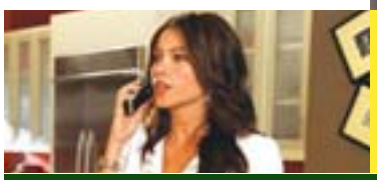
THE BRUNETTE BOMBSHELL MIGHT BE THE MODERN WAY {page 34}



PRINCE CHARLES' CAR ATTACKED STUDENT RIOTS RAGE IN LONDON {page 12}

TRON BACK IN TIME FOR BRIDGES SCENE {page 25}

VANCOUVER metro®

Weekend, December 10-12, 2010
www.metronews.ca

News worth sharing.

JEFF VINNICK/GETTY IMAGES

High-flying Swede

On Saturday, former captain Markus Naslund will become the third player in Canucks history to have his number retired and raised to the rafters of Rogers Arena He captained the team from 2000 to 2008 As a Canuck, he scored 346 goals and 756 points and holds nine team records {page 3}

▶ Markus Naslund in Game 3 of the 2007 Western Conference semifinals.

Local

Dinner is served

Union Gospel Mission in DTES expecting to feed thousands at its annual Christmas feast this weekend
Event marking its 80th anniversary {page 6}

The more the merrier

Jolie says she's 'open' to the idea of more kids {page 36}

Cruise caught on camera

Elusive star in town for work on Mission Impossible 4 {page 2}

Game on this holiday

Other birds make a tasty alternative to turkey {page 37}

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ScanLife

With case going cold, friends of slain publicist went the Hollywood route to help solve it. Scan code for story.

Naslund will be 19 forever

Linden gives insight into how the ultimate NHL honour feels

KYLE FARQUHARSON
VANCOUVER@METRONEWS.CA

Having one's jersey retired is among the greatest honours a professional athlete can receive, said Canuck legend Trevor Linden.

On Saturday, Markus Naslund, who captained the team from 2000 until 2008, will become the third player to have that honour bestowed on him by the Canucks.

Linden, whose sweater was retired two years ago, said the day was "very special" and one that he is reminded of when he's watching a game and the television cameras float to his number in the rafters.

"It was a tremendous honour ... It's your place in Vancouver Canucks history."

Naslund, 37, a native of Ornskoldsvik, Sweden, made his way to the team via a lopsided trade with Pittsburgh for Alexander Stojanov in 1995.

Naslund benefited greatly from the change of scenery, one that culminated in an eight-year captaincy, three campaigns of 40 goals or more, multiple all-star game appearances, and the Lester B. Pearson Trophy in 2003 for most valuable player as voted by his peers.

Linden had the opportunity to skate alongside both Naslund and Stan Smyl, whose number 12 was retired in 1991.

"They're both guys who cared a great deal about their craft," he said, "(They're) family men and quality individuals."

The ceremony honouring Naslund begins at 6:10 p.m. and will air in its entirety on CBC prior to the 7:30 p.m. puck drop.

BRUCE BENNETT/GETTY IMAGES

▶ Markus Naslund skates against the Anaheim Ducks in 2007 at the Honda Center in Anaheim.

Cruise. Sighting

▶ Surrounded by his entourage, Tom Cruise was spied leaving Canada Motion Picture Park Studios in Burnaby.

PINK'D IMAGES

Cruise breaks his own ghost protocol

One of the hottest stars on the planet has finally been caught on camera right here in Hollywood North. Cast and crew have been filming scenes inside the studio with a giant fake jet plane for Mission Impossible 4: Ghost Protocol. Cruise has been staying in downtown Vancouver since production started earlier this month. DARREN PARKMAN

Hockey on TV set to enter new dimension

The world's oldest sports-related television program jumps into the nation's living rooms this Saturday as the venerable Hockey Night in Canada airs in 3-D for the first time.

"It's like dabbling your toes in the water and trying to get a feel for it," said Jim Hughson, CBC's play-by-play announcer of Saturday's early game between the Montreal Canadiens and the Toronto Maple Leafs.

The late game, between Vancouver and Tampa Bay, will be in regular 2-D, as will Coach's Corner with Don Cherry.

Hughson, a longtime voice of Vancouver Canucks broadcasts on radio and television, was a skeptic who turned believer after watching the 2010 NHL Winter Classic in 3-D.

"I put the glasses on and was absolutely blown away," Hughson said.

It's a hit

The 3-D television made its Canadian debut this past March with a $2,000 price tag, but now it sits as low as $800.

▶ "They've over-exceeded our expectations," said Elliot Chun, spokesman for Future Shop.

HNIC executive producer Trevor Pilling called the broadcast a bit of a "science experiment." He said viewers can expect less cutaway shots and abrupt camera movements, as the 3-D cameras are built to focus on the movement of the players.

The next 3-D game on CBC will be February's Heritage Classic, an outdoor game between the Calgary Flames and the Montreal Canadiens.

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News in brief

Anti-HST group slams Chong

VICTORIA. The organizers of the recall campaign against Victoria-area Liberal Ida Chong are slamming Chong and a business group over their tactics.

Recall leader Colin Neilson says Chong's side is claiming the NDP is involved in the campaign, but that's not true.

At the same time, Fight HST chief Bill Vander Zalm is accusing the Independent Contractors and Business Association of running a radio ad campaign that tries to smear canvassers and intimidate voters from signing the recall petition.

Julian ponders run for NDP

LEADERSHIP. Federal New Democrat Peter Julian says he's considering a run for the leadership of the B.C. wing of the party.

Julian is the MP for Burnaby-New Westminster and says he loves his job, but he's also been contacted by a few people who are encouraging him to run. He says if the interest from constituents and party members is there, he'd have to talk with his family before making a final decision, which could happen in the next couple of weeks.

Prof critical of polygamy

TESTIMONY. A B.C. court case testing the validity of Canada's law against multiple marriages has been told polygamy is linked to teenage marriage, higher crime and a higher child death rate.

The testimony came from UBC professor Joseph Henrich, an expert in polygamy. He says polygamy increases the pool of low-status unmarried men, which leads to more crime and substance abuse. He says it also lowers the age at which women marry and decreases gender equality.

THE CANADIAN PRESS

Bollywood ads target Indo-Canadian farmers

'Wash With Care' campaign designed to appeal to Fraser Valley Punjabis PSAs promote disinfecting pesticide-soiled clothes

J.J. MCCULLOUGH
VANCOUVER@METRONEWS.CA

CONTRIBUTED

A still from the "Wash With Care" commercial.

A multicultural, immigrant-heavy population can bring many challenges to B.C. — not the least of which is ensuring important health and safety information can be received by residents who may not be fluent in English.

The challenge is particularly acute in many of British Columbia's rural farm communities, where immigrants can find themselves handling dangerous equipment and chemicals, which they have never been properly trained to use.

With such concerns in mind, a new PSA initiative, funded by the Vancouver Foundation and directed by a UBC researcher, is seeking to educate Indo-Canadian farmwives about the importance of post-work washing through the most universal language of all — song.

Done in the traditionally over-the-top style of a Bollywood musical, the 30-second television ad features rubber-gloved women in saris spouting the virtues of cleaning clothes that have become contaminated through pesticide exposure.

"If you want a message to be effective, you have to pick a style that's appropriate for the target audience," said Anne-Marie Nicol, who is perusing the project as part of her post-doctorate in environmental health.

"The reception has been pretty fantastic."

Nicol says she is eventually interested in targeting her message to other groups as well, including Chinese-Canadians.

"I was thinking maybe, Crouching Tiger Hidden Dragon?" she said with a laugh.

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B.C. MYSTERY

Hello? Is that a rocket launcher up ahead?

The Mounties say they haven't be able to figure out how a loaded rocket launcher ended up along a road on Vancouver Island, just north of Victoria.

A crew trimming trees discovered the weapon on Oct. 28 along Malahat Drive, near Shawnigan Lake.

The RCMP say an investigation by police and the military found the last record of the launcher was in the defence department's inventory in Ottawa in 1976.

Police say it's a mystery when or how the weapon was moved across the country and why it was left on the side of the road.

THE CANADIAN PRESS

Games aces to make a comeback

For Vancouver's 125th anniversary, city officials say they plan to fall back on the expertise of key players from the 2010 Olympic Organizing Committee.

Several former VANOC staff, including Cultural Olympiad planner Robert Kerr, will be involved in organizing events.

METRO

Cubic gets the nod for turnstiles

TransLink has selected Cubic Transportation and IBM Canada to design, build and operate a turnstile system on SkyTrain and Canada lines.

The mechanisms are part of an electronic fare reader system that will include chip-powered smartcards for daily travellers.

METRO

Thousands expected to turn out for turkey

STEPHANIE ORFORD/FOR METRO

▶ Vancouver Community College culinary student Eric Montana carves up a turkey for Saturday's Union Gospel Mission Christmas dinner.

Downtown Eastside group to feed 3,000 people on Saturday

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

By Saturday, chef Randy Spark and his volunteers will have roasted, carved and served 158 turkeys for the annual Christmas dinner at the Downtown Eastside's Union Gospel Mission (UGM).

This year marks the 80th anniversary of the event, which usually draws about 3,000 diners.

"The people that come in — they're very appreciative," said Spark, who has been a chef with UGM for nearly eight years.

All food is donated, or bought with the help of donors.

Volunteers lend a helping hand in the kitchen, too. Vancouver Community College culinary school students helped carve the mountain of turkeys on Thursday.

Feast attendees will wait in line inside the UGM chapel, out of the rain, said UGM's Derek Weiss.

What's more, the Christmas dinner is a great way for those in need to connect with other UGM services, said Weiss.

What a menu

What's on the table?

- 158 turkeys
- 115 kg cranberry sauce
- 71 pans of stuffing
- 455 kg of mashed potatoes
- 190 litres of gravy
- 650 cherry pies
- 38 buckets of vanilla ice cream

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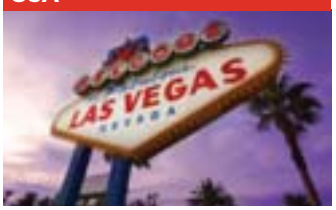

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STEPHANIE ORFORD/FOR METRO

▶ Const. Anne Longley tweets breaking Vancouver Police Department news Thursday.

Twitter-happy cops

The VPD's Twitter followers jumped by more than 1,000 Thursday

The Vancouver Police Department (VPD) is now harnessing the power of Twitter. Beginning at 8 a.m. on Thursday, Const. Anne Longley tweeted all day, reporting dispatch calls from her VPD laptop in real-time.

"I'm astounded how many people are following us — how many people are interested in what we're doing," said Longley.

"We really felt it was time for us to embrace social media that will broaden the reach of the important information that we can get out to the public."

"We're trying to build relationships with the public," Longley said, adding that Twitter can rally help from the public with issues like finding missing persons.

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15-year-old arrested in stabbing

A 13-year-old boy has been stabbed near a high school in Nanaimo, and a 15-year-old has been arrested.

RCMP say there was some kind of altercation between the two boys near a high school on Thursday afternoon, although neither of them attends the school.

The victim was stabbed in the stomach with a small paring knife and taken to hospital for treatment of a non-life-threatening injury.

The suspect was arrested near the scene and police are recommending a charge of assault with a weapon.

THE CANADIAN PRESS

News in brief

400 tickets handed out: RCMP

Police say some drivers in Metro Vancouver aren't getting the message about things like impaired driving and speeding.

Almost 400 tickets were handed out for speeding, including 17 for excessive speeding.

THE CANADIAN PRESS

Didn't plan to kill boss, accused says

A man charged in the first-degree murder of his boss at a company Christmas party in 2008 never planned to kill, according to his lawyer, CBC News reported Thursday.

Eric Kirkpatrick, 63, is charged with killing Benjamin Banky, his former boss by allegedly shooting him at an office party.

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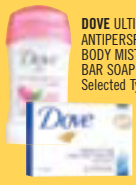

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SHOPPERS DRUG MART

▶ Pamela Anderson added her voice to the push for a ban on oil tankers on the south coast of B.C. "I love it here," the actress and B.C. native said Thursday at the Ladysmith beachfront.

YOUTUBE.COM

Pam Anderson vs. the oil tankers

Men wanted in kidnappings, assaults: Police

- Police seek the public's help in identifying the men
- Surveillance tape posted on the B.C. RCMP website

Police say they're looking for four men believed to be involved in a series of kidnappings and violent assaults in B.C. dating back almost two years.

The Vancouver Island Combined Forces Special Enforcement Unit says the attacks appear to be related to gang activity and the drug trade on the island and elsewhere around B.C.

One of the more vicious assaults happened in January 2009 when a 33-year-old man was tortured and mutilated in the northeast B.C. community of Fort St. John.

Police have released a surveillance video captured at a Metro Vancouver business showing four men who are currently being sought in the investigation.

THE CANADIAN PRESS

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Breakthrough Chronic Fatigue Treatment

Underlying issue of deficiencies are found

Jacky Aires constantly feels dizzy, moody, nervous, and has back pain on top of feeling tired. "I got sick one year ago with the flu. Ever since then I've been fatigued and had more symptoms over time. I was referred to Careseng by a friend and they took the time to listen to me. They provided what my body needed and I feel like I have my energy again."

The Coffee Addiction

Jacky's usual routine in the morning is to turn off her alarm 5 times, at least, in the morning before waking up from a restless sleep. She jump starts her day with 2 cups of coffee while having another mid-morning and another during lunch. Sometimes she adds in a few more cups of coffee later because her work demands a lot out of her. She wonders why by the end of the year 2 cups in the morning doesn't do it for her anymore. Eventually, her body feels like its dragging every day and every little hurt or sickness is magnified.

Every stress puts her on edge.

Does this sound like you? Symptoms of chronic fatigue syndrome that lasts for at least 6 months may include: feelings of exhaustion, low stamina, sore throat, mild fever, swollen lymph nodes, decreased ability to concentrate, headaches, memory and concentration problems, increased pain, and difficulty sleeping.

The cause can be from a vast array of triggers including viral infections, immune reactions, environmental toxins, emotional stressors, hormonal imbalances and others.

It is important that a doctor take the time to listen to your symptoms and your past history in order to get to the root of your problem.

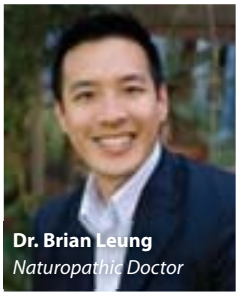
The Breakthrough Solution

Addressing chronic fatigue syndrome requires multiple approaches that not only addresses underlying nutritional deficiencies but also identifies chronic stressors that prevent the body from healing. After ruling out a variety of causes, Careseng Naturopathic Medical Centre can tailor their treatments based on the individual. "We at Careseng take the time to listen, understand, and identify why you are fatigued. Our testing is comprehensive and may even include the new test for a retrovirus called XMRV," states Dr. Brian Leung. "We use Careseng's natural therapies in addressing your emotional, biochemical, and physical stressors in what is causing the chronic fatigue, so that we can restore the body and mind back to its natural state. Some of our therapies may include herbs, supplements or intravenous injections of vitamins and minerals because our body has been so run down from all the stress."

Alan Gaby, MD states in his published article about intravenous nutrient therapy, " [it] has been found to be effective against acute asthma attacks, migraines, fatigue (including chronic fatigue syndrome), fibromyalgia, acute muscular spasm, upper respiratory tract infections, chronic sinusitis…and other disorders." It has been reported by the LA Times that intravenous micronutrient therapy has boosted Michael Jackson's energy.

To find out if you may be helped by their treatments, call 604-270-7775. Careseng Naturopathic Medical Centre is located at Unit #150, 13260 Delf Pl., Richmond, BC. Only for a limited time they are offering a free 15 minute consultation. **Expires 12/30/10.**

"I haven't been sleeping well after my husband died 2 years ago. I found it extremely hard to get up in the morning and my energy level throughout the day was very low. I only received Careseng therapy twice, and I feel much better in the morning and not as tired."
– Henna M., Retired



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*J Altern Complement Med. 2009 Mar;15(3):247-57.. Dennis, Tammi (6 July 2009). "Michael Jackson reportedly got a Myers cocktail. So what is that exactly?". Los Angeles Times (Tribune). *Patient names were recreated for this article.*

PHOTO COURTESY OF CTV

60 seconds

▶ Choreographer and So You Think You Can Dance Canada judge Luther Brown.

LUTHER BROWN

"IT'S TIME TO BRING YOUR A-GAME"

Judges from So You Think You Can Dance Canada have recently been travelling coast to coast in search of Canada's best dancers, and on Saturday it's our turn to make an impression. Auditions for Season 4 wrap up at the Centre In Vancouver For Performing Arts starting at 9 a.m. Choreographer and SYTYCD Canada judge Luther Brown shares his advice for Vancouver hopefuls.

What are judges looking for on Saturday?
We're looking for creative solos, all your personality, all your tricks, whatever it is that makes you special. This is the time to show it.

What's a common mistake dancers make during auditions?
People come in with routines that have no personality. It looks like you just went to a dance class, learned a combo and went on stage. People vote for people who look like they've been doing it forever and have charisma.

What will set dancers apart during finals week?
It's how they can adapt to all the different styles. (Finals week) is when you get thrown into boot camp and learn hip-hop, ballroom, jazz and contemporary. Take lessons in those (genres) because you need to familiarize yourself with them before Toronto.

What will set dancers apart during finals week?
Toronto has a lot of people who showboat. Montreal has a lot of artistic people, and then Calgary and Edmonton have a lot of well-trained dancers. It's really cool. Then Vancouver has a mixture of all of it. There's been some amazing people trying out (this season). I'm really excited."

KRISTEN THOMPSON

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Angry mob attacks Prince Charles' limo

Heir to the throne keeps his royal cool, pushes wife to the floor of car

Prince Charles in his tuxedo looks anxiously ahead as a protester's fist pounds on his car.

His wife Camilla's mouth opens in shock.

These are the dramatic images captured as student protesters vented their anger on the most elite of targets — a car containing the heir to the throne.

The couple were heading to a London theatre Thursday when their Rolls Royce met a volatile gang of demonstrators.

The royal Rolls was attacked with fists, boots and bottles.

"Off with their heads!" the mob chanted.

20 **Up to 20 attackers surrounded Charles' limousine and pounded it with fists and bottles, smashing a window and splashing the car with paint.**

The protesters had broken off from a large student rally and were spreading mayhem among Christmas shoppers.

They broke a Starbucks window and overturned a couple of postcard stands.

After a few chaotic minutes, the the royal couple's car managed to drive off. They were unhurt.

THE ASSOCIATED PRESS

MATT DUNHAM/THE ASSOCIATED PRESS

▶ Camilla and Prince Charles express shock Thursday as angry student protesters attack their car in London. Charles kept calm, a witness said, and gently pushed his wife toward the floor to get her out of the line of fire. British Prime Minister David Cameron called the security lapse "shocking and regrettable."

Clouds of suspicion cover Harkat: Judge

A judge says there are grounds to believe Algerian-born Mohamed Harkat is a security threat who maintained ties to Osama bin Laden's terror network after coming to Canada.

The Federal Court decision Thursday could pave the way for Harkat's deportation to his country.

In a separate ruling, Judge Simon Noel upheld the constitutionality of the national security certificate system the government is using to remove Harkat, which denies the person named full access to the evidence.

Harkat, a 42-year-old former gas bar attendant and pizza delivery man, was arrested eight years ago on suspicion of being an al-Qaida sleeper agent.

He is free on bail under strict conditions, and must wear an ankle bracelet that allows authorities to track him.

Harkat did not offer credible, honest testimony to the court, but instead delivered a carefully memorized story, Noel said in his ruling.

"He has surrounded himself in layers of clouds in which he does not let any light come through," Noel wrote.

"At times, his testimony was simply incoherent, implausible if not contradictory."

Harkat, who lives in Ottawa with his wife Sophie, denies any involvement with terrorism.

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Mohamed Harkat broke down in tears when told of the ruling and wants an appeal.

Terror links?

- Noel concluded that Harkat demonstrated active membership of a group involved in terrorist activities in Chechnya.
- Noel also said Harkat had links to an Islamic extremist group in Egypt.
- "I find that although the danger associated with Mr. Harkat has diminished over time, he still poses a danger to Canada," Noel said.

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Some conditions apply. Offers may change or end without notice. See participating dealers for complete details. ‡Based on 2010 Chrysler, Jeep, Dodge or Ram Consumer Cash Discount and $500 First Free Payment Offer $50,395. 2010 Jeep Patriot Limited shown. Price including applicable Consumer Cash Discount: $22,195. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ◆Based on *Ward's* 2010 Midsize SUV classification. ¤Based on 2010 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. *SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. *Jeep is a registered trademark of Chrysler Group LLC. 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Firing of workers for Facebook insults upheld

- Lawyer says plenty more such cases to come
- Postings made while employees were at work

Add Canada to the list of places where Facebook can be hazardous to your employment status.

Two workers at a B.C. car dealership were sacked for what they wrote about their employer and their managers on Facebook. And the B.C. Labour Relations Board has upheld their dismissal.

The incident, which occurred in Pitt Meadows just west of Vancouver, is believed to be the first such case in Canada.

"It's the first Facebook case that has made it to hearing, at least," said Donald Richards, the lawyer who handled it for the employer, but he added there are likely plenty more to come.

"I think they're in the hopper now."

In this case, the two employees left few defamatory stones unturned. One or the other slagged their employer, accusing the business of being crooked, accused managers of performing homosexual acts together and mused about committing acts of violence against them.

"I think I was fortunate in the sense that I had pretty extreme facts," said Richards.

In addition, one of the managers in question was a Facebook "friend" of the two, at least for part of the time in question.

THE CANADIAN PRESS

Lines in the social media sand

The fact this happened on Facebook, and not in person on the workplace floor, doesn't change things, suggest experts.

"It's too easy for people to say anything goes here," said Randall Craig, a consultant and author of the recently released Social Media for Business.

Police. Controlled

▶ Neighbours look on as a house that was packed with homemade explosives erupts in flames yesterday in Escondido, Calif.

DENIS POROY/THE ASSOCIATED PRESS

Controlled burn in Calif.

Authorities claim they had no choice but to burn a house that was rented by an out-of-work software consultant who allegedly assembled an astonishing quantity of bomb-making materials.

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7031- 120th Street
(Scottsdale Mall)
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8128 - 128th St, Unit 306
10320 - 152nd St, Unit 55
10255 King George Blvd
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2390 East Hastings St
6330 Fraser St, Unit 105
1463 Kingsway Ave
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555 West Hastings, Unit 15
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Hackers, UN back WikiLeaks

- UN official calls online skirmish 'cyber war'
- Analyst 'surprised at how effective' hackers have been

WIKI LEAKS

Skirmishes raged across cyberspace Thursday between WikiLeaks supporters and the companies they accuse of trying to stifle the group, with websites on both sides of the battle taken out of service or choked off by attacks.

The UN's top human rights official raised the alarm over officials' and corporations' moves to cut WikiLeaks's funding and starve it of server space — something she described as "potentially violating WikiLeaks' right to freedom of expression."

Navi Pillay, the UN high commissioner for human rights, was surprised at the scale of the online attacks that have targeted major American financial players — in some cases denying access to their websites for hours at a time.

WikiLeaks has been under intense pressure since publishing U.S. State Department cables, with attacks on its websites and threats against its founder, Julian Assange, who is now in a British jail fighting extradition to Sweden on sex-crime allegations.

MasterCard Inc., Visa Inc., Amazon.com, PayPal Inc. and EveryDNS have cut ties with WikiLeaks due to U.S. government pressure, which has hurt WikiLeaks' ability to accept donations and support publishing efforts.

Analyst Paul Mutton said the number of computers spewing out spam went to 2,000 Wednesday from 400 — relatively small numbers, he said, but still apparently enough to overwhelm MasterCard and Visa.

THE ASSOCIATED PRESS

"Hacktivists"

Retaliatory attacks — which WikiLeaks says it does not sanction — have been claimed by a loose-knit group who gather under the handle "Anonymous."

- They're using a modified version of software generally used to conduct "stress testing" on websites, according to Paul Mutton, an analyst with London-based Internet research and security company Netcraft, which is tracking the attacks.

Soldiers. Shipping off

▶ Canadian Forces Cpl. Jonathan Chabot of the Royal 22nd Regiment enjoys a moment with six-month-old daughter Lea-Rose at CFB Valcartier before leaving on a mission to Afghanistan Thursday. Peace talks with the Taliban will lead to disaster unless the insurgent group is disarmed first, Afghanistan's former intelligence chief said Thursday.

JACQUES BOISSINOT/THE CANADIAN PRESS

Father and daughter share a moment

N.W.T. facility closing

The Department of Justice says a three-year review of programs and facilities has led to its decision to close a female young-offender facility in Inuvik, N.W.T.
A news release said in 2010-11, the average youth in custody each day is less than one. THE CANADIAN PRESS

Let them eat cheese, district says

An Ohio school district facing a deficit says students and staff behind on lunch bills are being served cheese sandwiches until they're paid up.
It's bread, cheese, fruit cups and milk for those who owe more than $10.
THE ASSOCIATED PRESS

Site loses Beatle battle

A website that sold songs by the Beatles for 25 cents more than a year before legal digital copies were available is liable for copyright infringement, a U.S. federal judge has ruled.
How much the site owes in damages wasn't addressed.
THE ASSOCIATED PRESS

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Freedom of the press?

Supreme Court lifts reporting ban on murder case of young girl in Ontario earlier this year

The publication ban that kept the outcome of a high-profile Ontario murder trial under wraps for months sounded alarm bells for legal observers across the country and resulted in the secret conviction of a troubled teenager, experts said Thursday. The ban was enacted in a Woodstock, Ont., courtroom April 30 when Terri-Lynne McClintic pleaded guilty to first-degree murder in Tori Stafford's death and was sentenced to life in prison.

The lawyer for McClintic's co-accused, Michael Rafferty, sought to maintain the ban, arguing it was needed to preserve his client's right to a fair trial.

The resulting restrictions forbid the press from reporting any details about the proceedings, including that they took place at all.

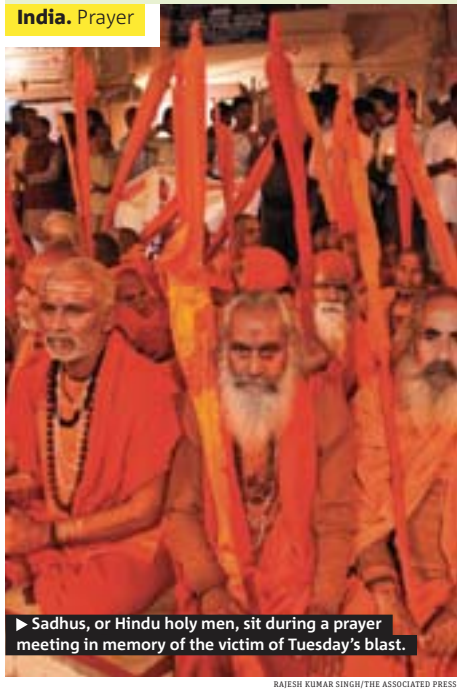
THE CANADIAN PRESS

▶ Tori Stafford and her brother Daryn

This drew condemnation from six of Canada's prominent media outlets.

A judge lifted much of the ban in May, but reporters remained bound by the earlier one while counsel sought leave to appeal the matter to the Supreme Court of Canada. On Thursday, the court declined to hear that appeal, delivering what Iain MacKinnon, the lawyer for the media outlets, described as a "qualified victory" for freedom of expression. THE CANADIAN PRESS

India. Prayer



▶ Sadhus, or Hindu holy men, sit during a prayer meeting in memory of the victim of Tuesday's blast.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

United in peaceful protest

Police have questioned two brothers for their alleged involvement in a blast that killed a toddler and triggered a stampede that injured dozens of people in the holy Indian city of Varanasi, India.

German 'hippy' was dreaming of a green Christmas

German police say an "old hippy" is facing possible prosecution for his version of the, ahem, highest Christmas tree — a festively decorated two-metre tall marijuana plant.

Koblenz police spokesman Ralf Schomisch said officers raided the apartment of the 58-year-old man following a tip Monday and uncovered a cache of 150 grams of marijuana.

Then in the living room they discovered the tree — a pot plant adorned with Christmas lights.

The suspect, whose name was not released, said he had planned to decorate it further and put presents under it at Christmas.

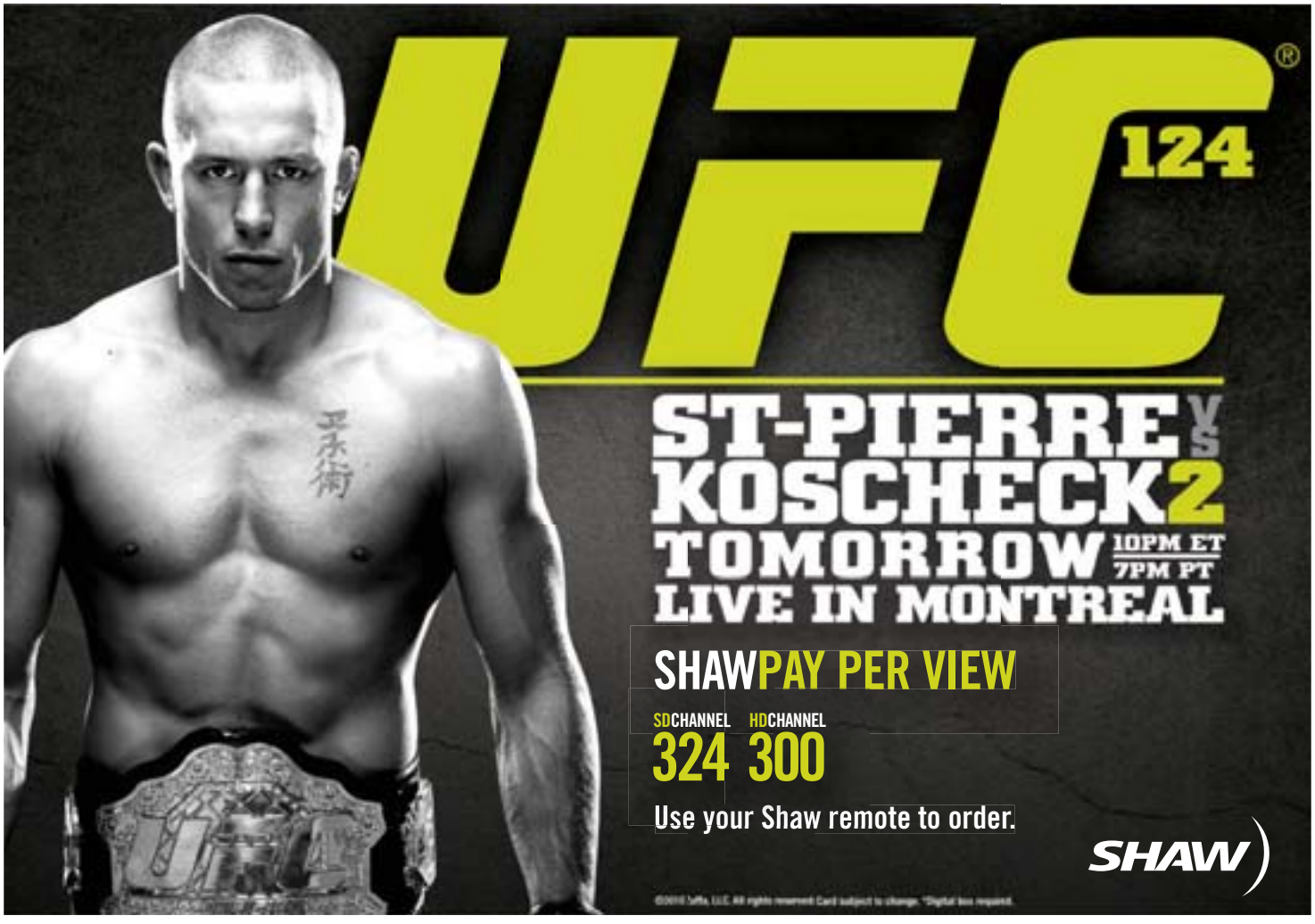
But it was not to be. Schomisch said authorities "had to destroy this pre-Christmas dream." THE ASSOCIATED PRESS

Three New Orleans cops convicted

A U.S. federal jury yesterday convicted three current or former New Orleans police officers but acquitted two others in the death of a man after hurricane Katrina devastated the Gulf Coast.

The jury of seven women and five men convicted former officer David Warren of manslaughter in the shooting death of 31-year-old Henry Glover outside a strip mall on Sept. 2, 2005. THE ASSOCIATED PRESS

20 **A total of 20 current or former New Orleans police officers have been charged this year in a series of Justice Department civil rights investigations.**



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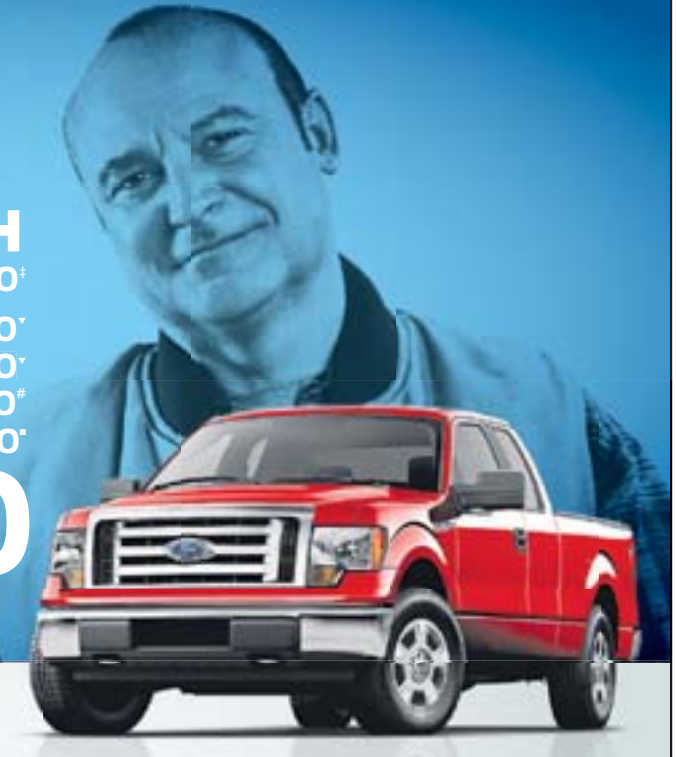

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All purchase finance offers include freight and air tax of $1,500 / $1,500 / $1,350 but exclude variable charges of license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. Bi-Weekly payments are only available using a customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank (if offered by that financial institution). The customer is required to sign a monthly payment contract and furnish a cheque in the amount of the first bi-weekly payment on the contract date. Subsequent bi-weekly payments will be made via a PC or Phone Pay system commencing 2 weeks following the contract date. Dealer may sell for less. Offers vary by model and not all combinations will apply. Offers are available to customers taking retail incentives and may only be available on approved credit (OAC) from Ford Credit. **On Cash Purchase a new 2010 F-150 Super Cab XLT 4x4 / 2011 F-250 Super Cab XLT 4x4 Western Edition / 2011 Ranger Sport Super Cab 4x2 for $20,999 / $37,499 / $14,999 after Total Manufacturer Rebate of $7,500 / $8,000 / $6,000 deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,500 / $1,500 / $1,350 but exclude variable charges of license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ‡Receive $3,000 / $2,500 / $1,000 / $4,000 / $4,500 / $4,750 / $5,000 / $5,500 / $6,000 / $6,500 / $7,500/ $11,000) / ($500 / $1,000 / $2,000 / $4,000 / $4,500 / $5,000 / $6,000 / $8,000) in Manufacturer Rebates with the purchase or lease of a new (2010) / (2011) [E-Series / Focus S, Explorer 4 door, Transit Connect / Fusion Hybrid / Focus (excluding S), Fusion S, Ranger Regular Cab XL and FEL, Edge SE, Flex SE, Escape Hybrid, F-350 to F-550 Chassis Cabs / Fusion (excluding S and Hybrid) / Escape I4 Manual / Ranger Super Cab XL, Escape (excluding I4 manual and hybrid) / Taurus SE, Explorer Sport Trac/ Mustang Value Leader, Taurus (excluding SE), Ranger Super Cab (excluding XL) / Mustang (excluding Value Leader), Edge (excluding SE), Flex (excluding SE), F-150 Regular Cab/Expedition, F-150 (excluding Regular Cab) / F-250 - F-450 (excluding Chassis Cab)] / [Ranger Super Cab XL, Ranger Regular Cab and FEL, E-Series / Mustang Value Leader, F150 to 350 Chassis Cabs / Transit Connect / Mustang V6 (excluding Value Leader) / Expedition / Mustang GT, Ranger Super Cab (excluding XL), F-150 Regular Cab (excluding XL 4x2) / F-150 (excluding Regular Cab) / F250 - F450 (excluding Chassis Cabs). All Shelby GT500, F-150 Raptor and Medium Truck models are excluded. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. On applicable vehicles, this offer can also be combined with the Commercial Connection Program incentives and, for eligible customers, the Small Business Incentive Program (SBIP). For small fleets with an eligible FIN, this offer can also be used in conjunction with the Commercial Fleet Incentive Program (CFIP). This offer is not combinable with any CPA/GPC or Daily Rental incentives. ▼Program in effect from Oct. 1/10, to Jan. 3/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by SummerHill Impact with financial support from the Government of Canada, or SummerHill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle in running condition (able to start and move) which has been properly registered and insured for the last 6 months (12 months in B.C.) to an authorized recycler. To qualify for the "Car Heaven Program", customer must turn in a 2003 model year or older vehicle in running condition which has been registered and insured for the last 6 months to an authorized recycler. If a customer qualifies for Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010/2011 Ford or Lincoln vehicle, in the amount of $1,000CDN (Focus (excluding 2011 S), Fusion (excluding 2011 S), Mustang (excluding Shelby GT500 and 2011 Value Leader), Transit Connect, Ranger (excluding 2011 XL)), $2,000CDN (Taurus (excluding 2011 SE), Escape (excluding 2011 XLT I4 Manual), Edge (excluding 2011 SE), Flex (excluding 2011 SE), Explorer (excluding 2011 Base models), Sport Trac), or $3,000CDN (F150 (excluding Raptor and 2011 Regular Cab XL 4x2), F250-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator) (each an "Eligible Vehicle"). Rebate amount may be used as a down payment. Taxes payable before Rebate amount is deducted. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates are cainchecklable. Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection, or Daily Rental Rebates and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-3673. © 2010 Ford Motor Company of Canada, Limited. All rights reserved. #Offer valid from Dec. 1/10, to Jan. 3/11 (the "Offer Period"). Customers who purchase finance or lease most new 2010 or 2011 Ford Ranger/F-150(excluding Raptor) (each an "Eligible Vehicle") and finance through Ford Credit, Canada will receive $1000/$2500 (the "Offer"). 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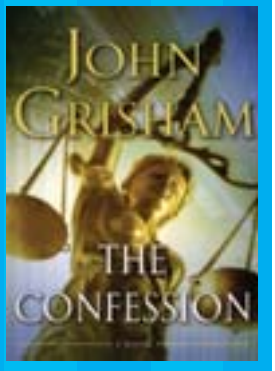

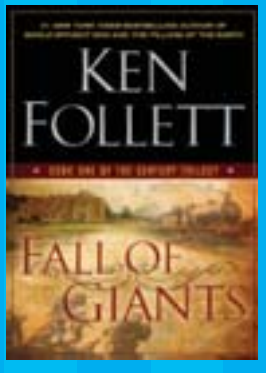

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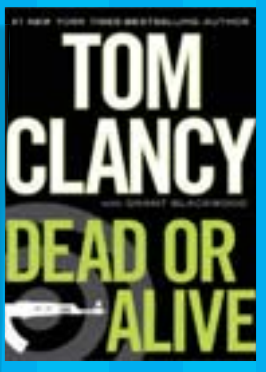

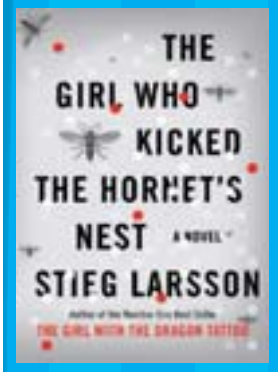

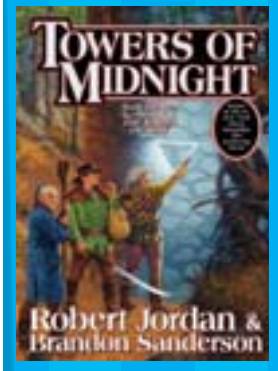

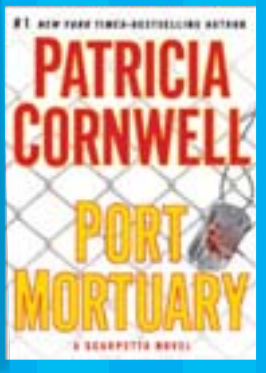

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JOHN MCCONNICO/THE ASSOCIATED PRESS

▶ Protesters demand the freedom of Nobel peace laureate Liu Xiaobo yesterday outside the Chinese Embassy in Oslo, Norway.

China shows no clemency to laureate

Liu Xiaobo, a literary critic and democracy activist, is serving an 11-year sentence on subversion charges

Pro-democracy advocates marched on the Chinese Embassy in Oslo on Thursday, demanding that China release imprisoned Nobel Peace Prize winner Liu Xiaobo.

Chanting "Freedom to Liu! Freedom for China!" about 100 protesters tried to deliver a petition with more than 100,000 signatures urging the dissident's release from a Chinese prison before being diverted by police away from the embassy gates.

The protest came on the eve of the Nobel prize ceremony, where the 54-year-old Liu will be represented by an empty chair. Friday will be the first time the peace prize will not be handed out since 1936, when Adolf Hitler prevented German pacifist Carl von Ossietzky from accepting the award.

Chinese authorities have placed Liu's supporters, including his wife, Liu Xia, under house arrest to prevent anyone from picking up his prize.

China was infuriated when the prestigious $1.4-million prize was awarded to Liu, describing it as an attack on its political and legal system.

It said the country's policies will not be swayed by outside forces in a "flagrant interference in China's sovereignty."

Amnesty Norway, which organized the peaceful protest, said it was not surprised the Chinese Embassy refused to accept the petition after previous futile attempts.

"Liu should not be jailed for his words. It's against the Chinese Constitution," said Renee Xia, a demonstrator. "The Chinese government is violating its own constitution by criminalizing free speech."

THE ASSOCIATED PRESS

Democracy

In Beijing, China handed out its newly inaugurated Confucius Peace Prize to former Taiwanese vice-president Lien Chan.

Protest The award was hastily created as a riposte to the Nobel, which is going to Liu Xiaobo this week.

Censorship Several news websites, including the BBC's and Norwegian broadcaster NRK's, were blocked in China, apparently to blot out any negative coverage.

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BLOCKBUSTER

Women fared better during the recession

55% of doctors, dentists in '09 were women: StatsCan

Women fared better during the recession, thanks to a pattern of employment in industries less susceptible to economic shifts and an increasing presence in high paying professions, a StatsCan report shows.

When it comes to employment numbers women were hit less hard than men during the economic downturn. They also continued to hold far more part-time jobs than men, but made significant gains in professions where they would earn a higher paycheque.

In 2009, the employment rate for women was 58.3 per cent, a one per cent dip from a historic high of 59.3 per cent in 2008. By comparison, in 2009 the employment rate for men was 65.2 per cent, a 2.9 per cent decline from the previous year.

The jobless rate for women was still high, hitting seven per cent in 2009, the highest since 2003.

For men it reached 9.4 per cent in 2009, the highest rate since 1996.

The statistics were laid out in a released portion of Women in Canada: A Gender-based Statistical Report, from Statistics Canada tracking women's status in the labour market back to 1976. TORSTAR NEWS SERVICE

Professions

The report showed that women dominate in service industries, including health care.

- Women held 67 per cent of teaching, nursing and other health-related professions in 2009.

Shredded. Cash

▶ Taiwan's Investigation Bureau employee Liu Hui-fen displays pages of thousands of tiny pieces of New Taiwan 1,000-dollar note bills that she patched together worth in total 200,000 New Taiwan dollars ($6,600), on Thursday in Taipei, Taiwan.

THE ASSOCIATED PRESS

Cash gets patched up together

A Taiwan businessman, who only gave his surname Lin, accidentally dumped a plastic bag containing 200 bills with NT$1,000 ($33) denomination into a scrap machine. He later went to the Investigation Bureau where Liu works for help.

Lululemon shares soar over 14%

Shares of Canadian yoga clothing retailer Lululemon Athletica Inc. surged more than 14 per cent Thursday as the company said new product lines and strong online sales helped third-quarter results soar past analyst expectations.

Earlier Thursday, the company reported that its net profit rose to $25.9 million US or 36 cents a share for the period ended Oct. 1.

THE CANADIAN PRESS

Number of nurses rises by 9%

Canada's nursing workforce has grown significantly in the last five years but still falls short of the level the profession had achieved two decades ago relative to the population, says a report by the Canadian Institute for Health Information. The CIHI report shows Canada gained more than 27,000 nurses between 2005 and 2009, bringing the total of regulated nurses to about 348,500 — a nine per cent increase. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. THURSDAY

DOLLAR	Natural gas 1,000 cu ft
+ 0.03¢ (98.96¢ US)	$4.435 (– 17.1¢)
	Gold contracts
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▶ Investment banker Steve Losty headed the top Movember fundraising team on the planet, narrowly shaving rival Australia for first place.

5 MINUTES WITH: STEVE LOSTY

The CIBC investment banker out-'stached the competition by corralling his team — and, by extension, Canada — to raise the most money for Movember.

Congratulations! That's got to feel good.
Yeah, I mean this is the third year we've done it and CIBC is pretty charity-focused, but this was a relatively new one for us. I think it opens up the idea of charity to that 25- to 35-year-old male who's probably not a big United Way giver, for example, but who would get behind something like this.
What do you think propelled your team to first place?
I think it's just numbers. We had something like 260 people participating so the more people you get, the more the fundraising dollars go up. Rick McCreary was our top fundraiser and a lot of his fundraising was through the clients he's worked with over the years who are probably right in the demographic of those affected by this disease.
How did you rally everyone on your team to the top?
Harassed them (laughs). We've got some great, creative folks in our marketing group that sent out some funny weekly updates. And a big thing on Bay Street generally is rankings — who's raising more money than who. So we did have a lot of friendly competition as well, and that was a good way of motivating people to raise more.
Be honest: Which one of you grew the best 'stache?
You know, Rick's was pretty good. We haven't actually awarded the best 'stache, we'll probably do that later.
How did your 'stache stack up?
It wasn't that great. I got hooked up to Canada AM last week for the shave down, so I had to get it shaved off on TV, which was pretty embarrassing. All for a good cause, though.
Best part of the experience for you?
The best part is knowing we raised a lot of money for a good cause and played a part in growing the campaign. Last year it raised $8 million in Canada and this year it looks like it's heading toward $21 million.
Any plans to go to (second-place) Australia just to gloat?
(Laughs) No, not yet. I think some of the Australian firms like Macquarie have started to step it up into corporate dollar matching because I think they were a little irritated not having raised the most. ● JORDANA DIVON

Cartoon

MICHAEL DE ADDER

Adding colour to politics

Letters & Tweets

We asked: What do you think about Don Cherry getting involved in politics?

TORONTO. Don Cherry involved in politics? If Don had brains he would really be dangerous. He doesn't like French hockey players, Russian hockey players and Swedish hockey players (for) being "un-Canadian." Who does he like? Anyone with pockets full of cash, and the little guy, or pinkos as he calls us, are we not supposed to have an opinion that differs from his? The word democracy is not in his vocabulary.

To remind Don, a little man called Tommy Douglas was voted the most famous Canadian by Canadians and Don, you weren't even close on the ballot. Pinko beats out sour Grapes. J. CONNELLY

TORONTO. The taxpayers of Toronto were offended by seven years of inefficiency and abuse on our quality of life by a left-leaning council (a.k.a. left-wing pinkos). Don Cherry gave a three-minute speech, which has no legislative impact and the sensitive residual left-wing councillors are offended? Get over it.

I was at city hall and the crowd laughed at Cherry's speech and moved on. The last council did harm to us, Don Cherry's speech has not. And I ride a bicycle! MICHAEL N.W. BAIGEL

Right on!

TANNIS TOOHEY/TORSTAR NEWS SERVICE

What was your most memorable Christmas gift?

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Metro Minute at craft show and sale

Looking for gifts with Japanese flair this Christmas? Shiwasu — Handmade Gifts Show and Sale is the place to go.

The sale will be held at Burnaby's National Nikkei Museum and Heritage Centre (120-6688 Southoaks Cres.) from 11 a.m. to 5 p.m. Friday and Saturday and runs until Dec. 18.

Gift buyers will find gorgeous handmade crafts like kimono fabric items and paintings by local Japanese-Canadian artists and artisans including Yuko Yoshida, Mari Yasuda, Jean Okada and Sachi Yamabe. Other items include teas, pottery and jewelry. Admission is free.

Visit jcnm.ca for more info. ● AYAKA KAWAI

Three days to play

DO YOU THINK THE CANUCKS SHOULD RETIRE MARKUS NASLUND'S JERSEY?

Alejandro Flores
A CANUCKS FAN FROM GUADALAJARA, MEXICO
Markus Naslund was really good, and deserves to have his jersey retired because of his performance.

Tiffany Riley
VANCOUVER
I think Naslund was a good part of the Canucks and a good addition to the team, but I really think the Canucks should only retire the jerseys of players who finished their careers here.

▶ Jeff Bridges stars in Tron: Legacy, which opens next Friday.

After 28 years, Tron nets Bridges again

Actor impressed, intimidated by the technology used to let him play his younger self ◐ Tron: Legacy pushes boundaries like its predecessor

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Although 28 years have passed between Tron and the new Tron: Legacy, it didn't exactly feel that way for star Jeff Bridges. "It's like we had a long weekend and we're just back doing the same work. It's crazy," he says. Yet Bridges says making the decision to return to the computerized world of Tron wasn't easy — but then no decision is for him.

"I have a lot of hesitation making any kind of decision in my life. I'm really slow at it," he says. "My mother says that I have abulia. It's like a mental disorder, I guess — having difficulty making decisions."

One of the factors aiding Bridges' indecision was the technology used in the new film, which like its predecessor pushes the technical boundaries of filmmaking. "With this one, I thought, Oh God, are they going to pull it off?" Bridges says.

The most high-profile technical trick on display involves Clu, one of the two characters Bridges plays in the film — only Clu looks like the actor did decades ago. The filmmakers used the techniques that made Brad Pitt age in The Curious Case of Benjamin Button to rejuvenate Bridges. It's something that leaves Bridges' mind blown, to put it lightly.

"I thought we could use a modern-day myth about the challenge of technology and how we're going to surf that particular wave." JEFF BRIDGES, ON THE MESSAGE THE FILM CARRIES.

"It's wild to be able to go back there and play different ages. It opens up a whole world," he says. "And they'll be able to combine actors. I don't know quite how I feel about this, but that's coming up, too. Just to say, you know, 'Let's get Boxleitner and Bridges, and put a little Brando in there. See what happens.' And then they can hire some other actor to drive that image that they've created. It's getting pretty crazy."

So does that mean he'll now be competing with younger co-stars like Garrett Hedlund for roles? Because certainly they'd take issue with that. The idea makes Bridges laugh. "No, I haven't thought about that," he says. "That's funny."

Of course, Bridges sees Tron: Legacy as more than just a movie, even a technologically groundbreaking one.

Where's Oscar?

Life changing. Jeff Bridges' Academy Award win earlier this year for Crazy Heart has certainly changed his life, but he's just not sure how yet. "I think it has, but I haven't really figured that out entirely, because about a day after the Oscars I went right to work on True Grit," he says. As for where to put the little gold guy, the preternaturally playful actor had one idea that has yet to come to fruition. "They didn't really do this, but I thought it would be fun. I was going to ask my wife or my kids or whoever, 'Take this and hide it at different spots in the house. We can discover it,'" Bridges says with a grin.

2 scene

News in brief

Howard Stern says he's staying with SiriusXM Radio. The loose-lipped shock jock announced Thursday that he has signed a new five-year contract. No other terms were initially disclosed. Stern had been locked for months in stormy negotiations as his original five-year deal, worth $500 million, neared its end just days from now. Earlier this week, he declared in salty terms on his radio show that he would not accept a pay cut if he stayed.
THE ASSOCIATED PRESS

Google users in Canada and across the world love searching for everything Justin Bieber

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Timberlake gets geeky

- Actor-musician loved getting back to his childhood favourite
- Enjoyed working with Aykroyd

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

Justin Timberlake is quickly learning that to properly express how he feels about his turn as soft-spoken sidekick Boo Boo in the new Yogi Bear movie, he'll have to let his nerd flag fly.

"At the risk of ruining my social life," he begins cautiously, "I would entertain my parents by imitating Scooby Doo and Boo Boo – all the cartoon voices. You know that about me now, which is weird."

After impressing critics earlier this year in The Social Network, Timberlake was happy to take on something a little simpler.

"I did a film about the birth of social networking, and it drove me crazy even being a part of that movie," he says. "It's way beyond my brain span."

The combination of live action and animation in Yogi Bear means Timberlake's job was all in the recording studio, and it hasn't escaped him that he and Dan Aykroyd, who voices Yogi, had the easier job in the film, compared to his flesh-and-blood co-stars.

"Anna (Faris) and Tom (Cavanagh), they had way harder jobs than we did," he says. "I've never worked in that way where you're looking at tennis balls or leaves as reference points."

The key to nailing Yogi and Boo Boo's chemistry was to go against the traditional process for animated films, in which the actors come in one by one to record their parts. Instead, Timberlake and Aykroyd worked together.

▶ Justin Timberlake does the voice of Boo Boo in Yogi Bear, which comes out next Friday.

"We had two or three sessions together because we really did see this as a Batman and Robin — if you will — sort of duo," Timberlake says. "It really made a difference with the rhythm of the banter between Yogi and Boo Boo. It was a very cool collaboration. We had a lot of fun doing it."

But while his job consisted of hanging out in a recording studio goofing off with Aykroyd, there was still actual work to be done.

"Getting the voice of Boo Boo, I had someone on hand with the old '60s and '70s cartoons and I would sit there and listen to it in between takes and before we would start our sessions," he says. "It would take me 15 to 20 minutes to really get — this is all really boring, geeky vocal stuff — but to get your palate to the right level of the character. So after the first 20 minutes, I would go back and re-record everything we'd done in the first half hour because you just get in the pocket of the tone and inflection."

Timberlake stops, shaking his head. "I'm really killing any sort of coolness I had before I got here," he says.

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Reese has tough time being quiet

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METRO WORLD NEWS IN LOS ANGELES

Romantic comedies are nothing new for Reese Witherspoon, but her role in James L. Brooks' new film, How Do You Know, presented some interesting challenges. "This character is a woman who has a hard time conveying her emotions — and doesn't even really want to talk about things," Witherspoon says of professional softball player Lisa.

"The biggest challenge for me was she's not verbal, and I'm used to playing really talkative characters and women who speak about their relationships and talk about love and dynamics and boys with their girlfriends," the actress explains.

"And she doesn't really have that, like, Greek chorus of women around her. So that was a new character for me, and really interesting. And I had to meet a lot of women like that."

The film follows Lisa as her affections pinball between a commitment-phobic baseball player (Owen Wilson) and an honest-to-a-fault businessman (Paul Rudd).

▶ Reese Witherspoon and Paul Rudd star in How Do You Know, which opens next Friday.

"It's a tough job, ladies, but someone's got to do it," she says of working with Wilson and Rudd. "How lucky am I to work with two of the most talented, funny, attractive, hysterical men?"

On set, Witherspoon found her own feelings mirroring that of her character, making it hard to choose between the two co-stars.

"Every time we'd do a scene with Owen I'd get really attached to Owen, and then I go and do scenes with Paul and I felt like I was cheating on Owen," she says.

Though there are only a handful of scenes in the film in which Lisa is on the field, Witherspoon says Brooks wanted to get every detail right when it came to softball and how a lifelong athlete operates. And for Witherspoon, that meant meeting even more women.

"I got to work with all these Olympians, softball players," she says. "I'm not really that athletic. So I did that for four months, three hours a day." Certainly that much training must have had some benefit, right? Wrong. "I'm still not any good at softball," she admits.

▶ Christian Bale, right, and Mark Wahlberg star in The Fighter, which deals with the real-life story of Mickey Ward.

Bale brings plenty of energy to Fighter

▶ Actor plays boxer/trainer Dickie Eklund who struggled with a crack addiction ▶ Movie brother Wahlberg helped Bale get the Boston accent perfected

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Christian Bale has dropped dramatic weight for roles before — most notably in The Machinist and Rescue Dawn — so shedding pounds for The Fighter, in which he plays manic boxer Dickie Eklund, who wrestled for years with a crack addiction, wasn't necessarily new territory.

This time, though, Bale's been watching his tongue. "Usually I always say, 'Oh, I do a lot of coke whenever I lose weight,'" Bale says. "I'm not sure if it's so funny for this movie to say that."

In reality, he got thin by running — and running and running.

"I was just running like crazy. I could just run for hours on end and I felt really healthy," he says.

Building up that stamina was important to playing the fast-talking, live-wire Eklund. On screen, Bale is a perpetual motion machine, Dickie's out-of-control energy threatening to derail the boxing career of younger brother Mickey Ward (Mark Wahlberg).

Bale found a great resource in co-star Wahlberg, who also produced the film, especially since Bale needed to master Wahlberg's native Boston accent.

"Mark was a great deal of help," Bale says. "He would never say anything, but he'd just get a certain look on his face when you said something, that you just knew that wasn't it."

Of course, he also had Eklund himself to rely on, as the man he was playing was present for much of the production, though he insists he couldn't completely mimic his real-life counterpart.

"Dickie's got his own thing going on, you know? He calls it 'Dickienese,'" Bale says. "If I'd done it exactly like Dickie, we would have needed subtitles, probably."

But having Eklund around while trying to recreate his story wasn't always easy, Bale admits.

"There were a couple of times I had to physically restrain Dickie from going and landing one right on (director) David (O. Russell)," Bale says. "There were some script changes going on, and Dickie wasn't initially totally understanding that sometimes in putting a whole life into two hours, a little bit of license has to be taken and mixing things up. He wanted everything initially to be absolutely how it was portrayed. And if it wasn't, there was a couple of times he would say, 'I'm gonna go and I'm gonna hit him.'"

But as for the finished product, Eklund's reaction to the film says everything. "After we showed him the movie, he didn't punch any of us," Bale says with a laugh.

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Cheddar-Chive Gougères

PREP TIME: 25 MIN. ➤ TOTAL TIME: 50 MIN ➤ MAKES: 17 SERVINGS

What You Need
1 cup water
1/4 cup butter
Dash cayenne pepper
1 cup flour
3 eggs
1 cup *Kraft* Old Cheddar Shredded Cheese
1/4 cup *Kraft* 100% Parmesan Grated Cheese
2 Tbsp. chopped fresh chives

Make it
HEAT oven to 400°F.
BRING water, butter and cayenne to boil in medium saucepan on medium heat, stirring frequently with wooden spoon. Add flour all at once; stir until well blended. Cook and stir 2 min. or until mixture forms ball. Cool 5 min.
ADD eggs, 1 at a time, stirring after each until well blended. Stir in remaining ingredients. Drop level tablespoonfuls of dough, about 2 inches apart, onto baking sheets sprayed with cooking spray.
BAKE 20 min. or until puffed and golden brown. Turn oven off. Leave gougères in oven 5 min. Serve warm.

Nutrition Information Per Serving – 2 gougères (18 g): Calories 90, Total fat 6 g, Saturated fat 3.5 g, Cholesterol 45 mg, Sodium 95 mg, Carbohydrate 6 g, Dietary fibre 0 g, Sugars 0 g, Protein 4 g, Vitamin A 6 %DV, Vitamin C 0 %DV, Calcium 6 %DV, Iron 4 %DV.

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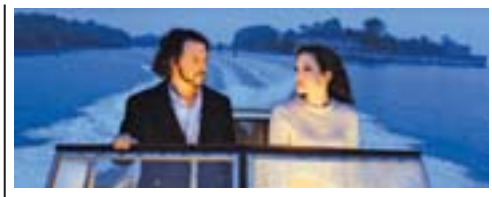
Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

The Tourist should have stayed home



The Tourist
Genre: Action/Thriller
Director: Florian Henckel von Donnersmarck
Stars: Johnny Depp, Angelina Jolie and Paul Bettany
●●

After his blistering 2007 drama The Lives of Others, anytime German director Florian Henckel von Donnersmarck makes a movie, this critic stands at full attention. Shame then that his splashy Hollywood debut The Tourist is so crushingly inert, a pretty, high gloss dud that exhibits little of the sizzle that made Others such a visceral ride.

Johnny Depp dials it down as a nebbishy math teacher vacationing abroad, who brushes up against (there are worse fates) smoldering British she-spy Angelina Jolie and gets himself deeply mired in a convoluted plot involving Russian baddies and government secrets all set against the always gorgeous, cinema-friendly backdrop of Venice. It's a romantic action caper flick that has no fire lit under it, coasting on its star power and offering few — if any — genuine thrills or intrigue. Still, as flawed as it is, there is a certain meandering fascination to the picture and it might actually play better on the home screen on a lazy Sunday afternoon, when expectations are nil and interrupted by the odd nap.

● CHRIS ALEXANDER

The Chronicles of Narnia: The Voyage of the Dawn Treader
Genre: Fantasy
Director: Michael Apted
Stars: Georgie Henley, Ben Barnes
●●½

At 113 minutes, the third big-screen adaptation of C.S. Lewis's Narnia book series may be the franchise's most adroit, but the brevity is not without its cost. When young Lucy and Edmund Pevensie (along with their perpetually annoying cousin) are sucked back into Narnia, they set forth on an island-hopping quest for magical swords that will save the fantastical world from doom. Simple enough, but with seven sabers and a schooner-load of adventures to be had, director Michael Apted overloads the film by attempting to fit everything in, stifling its momentum. ● STEVE GOW

Black Swan
Genre: Drama
Director: Darren Aronofsky
Stars: Natalie Portman, Mila Kunis and Vincent Cassel
●●●●●

Darren Aronofsky makes horror movies that pretend they're something else; from Pi to Requiem for a Dream, to The Fountain to The Wrestler. His latest, Black Swan, is no exception. It's not only Aronofsky's boldest and most visually arresting work, it's also his most downright shocking. Black Swan is absolutely one of the best of this, or any other year.

● CHRIS ALEXANDER

The King's Speech
Genre: Drama
Director: Tom Hooper
Stars: Colin Firth and Geoffrey Rush
●●●●●

This is engaging, period bro-mance between the soon-to-be King George VI (Colin Firth) and a commoner (Geoffrey Rush) who is a speech therapist. The Duke of York, the second son of the late King George V, was saddled with a career threatening stammer that might not have mattered if his brother Edward hadn't just abdicated the throne to marry Wallis Simpson. ● ANNE BRODIE

Enter The Void
Genre: Drama
Director: Gaspar Noe
Stars: Nathaniel Brown, Paz de la Huerta, Cyril Roy
●●●●

Willfully controversial French filmmaker Gaspar Noe's Enter The Void isn't so much a movie as it is an intense sensory experience. The simple story is about a drug dealer who dies and then floats through the memories and aftermath of his life before being reborn. Shot entirely from the protagonist's perspective, the camera floats in and out of events and frequently feels like a single jaw dropping feature-length shot. It's a remarkable visual experience to get lost in and quite simply unlike any other movie. ● PHIL BROWN

Trigger
Genre: Drama
Director: Bruce McDonald
Stars: Tracy Wright, Molly Parker, Don McKellar
●●●●

Bruce McDonald's latest is a rock n' roll variation on A Dinner With Andre that's somehow more entertaining and insightful than that description suggests. Two former bandmates meet up for a dinner and concert, chatting away about their lives, music, death, and inevitably their long-standing troubles with drugs and alcohol. The central performances by Molly Parker and the late Tracy Wright.

● PHIL BROWN

GREAT KIDS' FILMS OF THE '80S

In Focus

CROUSE
SCENE@METRONEWS.CA

Once upon a time Disney had a corner on the kid's action adventure market. Sunday at six was reserved for the Walt Disney's Wonderful World of Color and for a couple of hours once a week, movies like Race from Witch Mountain, Kidnapped and Treasure Island mixed plucky kids, mild action, exotic locations and lots of adventure.

The genre hasn't gone away. New movies like this weekend's The Chronicles of Narnia: The Voyage of the Dawn Treader still give kids a thrill ride, but I still get a nostalgic kick out of older, simpler action adventure flicks.

Though it wasn't a Disney film, The Goonies breathes the same air as Walt's kids classics. The adventure begins when a group of kids calling themselves The Goonies find One-Eyed Willy's treasure map. Sprinkle in some crazy inventions, a baddie played by Throw Mama from the Train star Anne Ramsey, a title track by Cyndi Lauper and Spielberg-esque storytelling and you have one of the best loved kids romps from the 1980s.

Speaking of Spielberg, without his ET we wouldn't have had Flight of the Navigator. After ET's successful mix of kids and aliens a whole slew of movies tried to cash in on that formula. The story of a 12-year-old boy who disappears, only to return eight years later without having aged a day had it all: intelligence, a glib navigational computer and a cameo by Sarah Jessica Parker as a NASA orderly with punk rock pink hair.

Two other early '80s fantasy adventure films feature wild creatures and magical lands, a perfect combo for a classic adventure.

In The NeverEnding Story, a young hero must save his country, Fantasia, from something even worse than an evil king. He must stop a creeping wave of nothingness. It may be the most existential kids movie ever, but woven into the fabric of the story are cool characters like the Rockbiter and Gmork the evil wolf.

Perhaps the best, although most underrated fantasy film is 1982's The Dark Crystal. Directed by Muppet master Jim Henson, the film sees a Gelfling setting off to find the missing piece of a magical crystal in order to restore to his world. A minor hit when it was released, this masterful kid's movie is finally getting a much deserved sequel, The Power of the Dark Crystal, scheduled for release in 2011.

▶ A young Sean Astin in a scene from The Goonies, one of the most memorable kids movies from the '80s.

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VINCENT CASSEL MILA KUNIS
BLACK SWAN
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THESE PAGES COVER MOVIE START TIMES FROM FRI., DEC. 10 TO THURS., DEC. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

HANDOUT/THE ASSOCIATED PRESS

▶ Anne Hathaway and Jake Gyllenhaal star in the emotional comedy Love & Other Drugs.

VANCOUVER

OMNIMAX THEATRE SCIENCE WORLD
1455 Quebec St., 604-443-7443

The Human Body (STC) Fri-Sat 11-3-7 Sun-Thu 11-3
To the Limit (STC) Fri-Sat 12-2-4-6-8 Sun-Thu 12-2-4
The Ultimate Wave Tahiti (STC) Fri-Thu 1-5

CN IMAX THEATRE
201-999 Canada Place, 604-682-4629

DUNBAR THEATRE
4555 Dunbar Street, 604-222-2991

Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 7:10:05 Sat-Sun 12:15-3:30-7:10:05 Mon-Thu 7:10:05

FIFTH AVENUE CINEMAS
2110 Burrard Street, 604-734-7469

127 Hours (14A) Fri-Thu 1:20-3:30-5:30-7:30-9:35
Black Swan (14A) Fri-Thu 1:10-4-4:30-4:30-7-7:20-9:20-9:40
Fair Game (PG) Fri-Wed 1:45-4:15-6:50-9:10 Thu 1:45-4:15-9:10
Love & Other Drugs (14A) Fri-Tue 1-7:10 Wed 1 Thu 1-7:10
The Social Network (PG) Fri-Thu 3:45-9:30

GRANVILLE
855 Granville St., 604-684-4000

Due Date (PG) Fri 6:35-9:20 Sat-Sun 4:30-6:35-9:20 Mon-Thu 5:30-8:15
Faster (14A) Fri 7-9:35 Sat-Sun 4:25-7-9:35 Mon-Thu 5:50-8:25
The Girl Who Kicked the Hornet's Nest (14A) Fri 8 Sat-Sun 4:40-8 Mon-Thu 8
Inside Job (PG) Fri 6:50-9:30 Sat-Sun 4:15-6:50-9:30 Mon-Thu 5:45-8:10
Morning Glory (PG) Fri 6:55-9:40 Sat-Sun 4:35-6:55-9:40 Mon-Thu 5:35-8:05
Red (PG) Fri 6:45-9:25 Sat-Sun 4:10-6:45-9:25 Mon-Thu 5:40-8:20
Waste Land (STC) Fri 6:40-9:15 Sat-Sun 4:20-6:40-9:15 Mon-Thu 5:55-8:30

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211
hollywoodtheatre.ca

Dinner for Schmucks (PG) Fri 9:40 Sat-Sun 3:40-9:40 Mon-Thu 9:40
The Town (14A) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Thu 7:30

OAKRIDGE
650 West 41st Ave., 604-263-1944

The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) Dolby Stereo Digital, No Passes Fri 7-9:45 Dolby Stereo Digital, No Passes Sat-Sun 1-4-7-9:45 Dolby Stereo Digital, No Passes Mon-Thu 5:15-8
Harry Potter and the Deathly Hallows: Part 1 (PG) Dolby Stereo Digital Fri 6:45-9:55 Dolby Stereo Digital Sat-Sun 12:15-3:30-6:45-9:55 Dolby Stereo Digital Mon-Thu 5-8:15
Megamind (G) Dolby Stereo Digital Fri 7:15-9:40 Dolby Stereo Digital Sat-Sun 12:45-3:45-7:15-9:40 Dolby Stereo Digital Mon-Thu 5:20-7:45

PACIFIC CINÉMATHÈQUE
1131 Howe Street, 604-688-3456
cinematheque.bc.ca

The Black Balloon (STC) Wed 7:30
A Christmas Inventory (STC) Fri 9 Sun 4:30
The Face You Deserve (STC) Fri 7 Sat 9
Harun Farocki: Vision Machines (STC) Mon 7:8:45
Ne change rien (STC) Sat-Sun 7 Thu 7
No Films Showing Today (STC) Tue
Our Beloved Month of August (STC) Sun 6:30
Portuguese Nun (STC) Thu 9

PARK THEATRE
3440 Cambie Street, 604-876-2747

The King's Speech (PG) Fri-Thu 1:30-4-7-9:30
Made in Dagenham (PG) A.M. Sat 10

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

The Tourist (PG) Fri 4-7-9:15 Sat-Sun 1:30-4-7-9:15 Mon-Thu 4-7-9:15

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film
riotheatre.ca

Edward Scissorhands (STC) Fri 12
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Wed 3:30-6:30-9:30 Thu 3:30-6:30
Tron: Legacy 3D (PG) Thu 12

SCOTIABANK THEATRE VANCOUVER
900 Burrard St., 604-630-1407

Black Swan (14A) No Passes Fri-Sun 12:20-3:45-7:10 No Passes Mon 12:50-4:15-7:10 No Passes Tue 12:20-3:45-7:10 No Passes Wed 12:50-4:15-7:10 No Passes Thu 12:50-4:15-7:30-10:20 No Passes Fri-Sun 12:50-4:15-7:30-10:20 No Passes Mon 12:20-3:20-7:30-10:20 No Passes Tue 12:50-4:15-7:30-10:20 No Passes Wed 12:20-3:45-7:30-10:20 No Passes Thu 12:20-3:45-6:45-9:20
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) No Passes Fri-Thu 12:30-1:10-3:40-4:20-6:50-7:20-9:50-10:15
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 1-4:30-8 Sat 4:30-8 Sun-Thu 1-4:30-8 Fri-Sat 12-3:30-7:15-10:30 Sun 3:30-7:15-10:30 Mon 12-3:30-10:30 Tue 12-3:30-7:15-10:30 Wed-Thu 12-3:30-10:30
It's a Wonderful Life (G) Sun 1
The King's Speech (PG) Fri-Thu 12:10-12:40-3:20-3:50-6:40-7:10-9:40-10:10
Megamind 3D (G) Fri 1:20-4-6:30-9:10 Sat 4-6:30-9:10 Sun-Thu 1:20-4-6:30-9:10
The Metropolitan Opera: Don Carlo (STC) Sat 9:30
Tron: Legacy (PG) No Passes Thu 12:01

VANCITY THEATRE
Vancouver International Film Centre
1181 Seymour Street,
604-683-Film
vifc.org

Enter the Void (R) Fri 8:10 Sat 8:10-11 Sun-Mon 8:10 Wed-Thu 8:10
No Films Showing Today (STC) Tue
Trigger (STC) Fri 6:30 Sat-Sun 5-6:30 Mon 6:30 Wed-Thu 6:30

VAN EAST CINEMA
2290 Commercial Drive, 604-251-1313
vaneast.com

No Films Showing Today (STC) Fri-Thu

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

Burlesque (PG) Fri 7:10-9:55 Sat-Sun 1:35-4:20-7:10-9:55 Mon-Thu 7:10-9:55
Due Date (PG) Fri 7-9:30 Sat-Sun 1:45-4:15-7-9:30 Mon-Thu 7-9:30
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 6:30-7:45-9:40 Sat-Sun 1:15-2-4:30-6:30-7:45-9:40 Mon-Thu 6:30-7:45-9:40
Morning Glory (PG) Fri 6:45 Sat-Sun 1:40-4:10-6:45 Mon-Thu 6:45
The Next Three Days (PG) Fri-Thu 9:20
Tangled (STC) Fri 7:20-9:50 Sat-Sun 1:30-4-7:20-9:50 Mon-Thu 7:20-9:50

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

127 Hours (14A) Fri 7:20-9:45 Sat-Sun 1:10-4:10-7:20-9:45 Mon-Thu 7:20-9:45
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) No Passes Fri 7-10 No Passes Sat-Sun 1-4-7-10 No Passes Mon-Thu 7-10 Star & Strollers Screening, No Passes Thu 1
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) No Passes Fri 6:30-9:30 No Passes Sat-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Thu 6:30-9:30
Love & Other Drugs (14A) Fri 6:40-9:40 Sat 3:40-6:40-9:40 Sun 12:40-3:40-6:40-9:40 Mon-Thu 6:40-9:40
Megamind 3D (G) Fri 6:50-9:35 Sat-Sun 12:50-3:50-6:50-9:35 Mon-Thu 6:50-9:35
The Metropolitan Opera: Don Carlo (STC) Sat 9:30
The Tourist (PG) No Passes Fri 7:10-9:50 No Passes Sat-Sun 1:20-4:20-7:10-9:50 No Passes Mon-Thu 7:10-9:50 Star & Strollers Screening, No Passes Thu 1

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Burlesque (PG) Fri 3:45-7:05-9:50 Sat 12:35-3:45-7:05-9:50 Sun 12:35-3:45-7:05 Mon-Thu 3:45-7:05
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) No Passes Fri 4-7-9:45 No Passes Sat 12:45-4-7-9:45 No Passes Sun 12:45-4-7 No Passes Mon-Thu 4-7
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 3:40-6:50-10 Sat 12:30-3:40-6:50-10 Sun 12:30-3:40-6:50 Mon-Thu 3:40-6:50
Love & Other Drugs (14A) Fri 4:10-7:15-9:55 Sat 1-4:10-7:15-9:55 Sun 1-4:10-7:15 Mon-Thu 4:10-7:15
Megamind (G) Fri 4:05-6:55-9:30 Sat 12:55-4:05-6:55-9:30 Sun 12:55-4:05-6:55 Mon-Thu 4:05-6:55
Tangled (STC) Fri 3:50-7:10-9:35 Sat 12:40-3:50-7:10-9:35 Sun 12:40-3:50-7:10 Mon-Thu 3:50-7:10

SILVERCITY RIVERPORT
14211 Entertainment Way,
604-272-7280

Burlesque (PG) Fri-Thu 12:30-4:10-7:10-10:15
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) No Passes Fri-Thu 12:15-3:30-6:30-9:30
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) No Passes Fri-Thu 12:45-1:15-3:55-4:25-7-7:30-10-10:30
Due Date (PG) Fri 1:05-3:50-6:40-9:25 Sat 3:50-6:40-9:25 Sun-Thu 1:05-3:50-6:40-9:25
Fair Game (PG) Fri-Thu 12:35-3:45-6:40-9:40
Faster (14A) Fri-Thu 1:30-4:20-7:35-10:35
Harry Potter and the Deathly Hallows Part 1: The IMAX Experience (PG) Fri-Wed 12-3:30-7:10:30
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Wed 12:05-12:30-3:35-4:7:20-7:45-10:45 Thu 12:05-3:35-4:30-7:20-7:45-10:45

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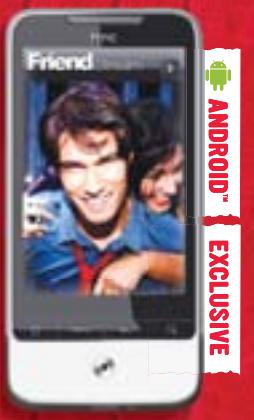

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SYNCOPY
LEGENDARY PICTURES

Star & Strollers Screening Thu 1
It's a Wonderful Life (G) Sun 1
Love & Other Drugs (14A) Fri-Thu 12:20-3:10-6:50-9:50
Megamind 3D (G) Fri-Sat 12:05-4-6:35-9:20 Sun 4-6:35-9:20 Mon-Thu 12:05-4-6:35-9:20
The Metropolitan Opera: Don Carlo (STC) Sat 9:30
The Next Three Days (PG) Fri-Thu 12:10-3:25-7:05-10:20
Red (PG) Fri-Thu 12:25-3:40-6:45-9:45
Tangled (STC) Fri-Thu 1:20-4:15-7:15-10:05
Tangled 3D (G) Fri-Thu 12:45-3:45-6:45-9:30
The Tourist (PG) No Passes Fri-Wed 12-1-3-4-6:55-7:25-9:55-10:25 No Passes Thu 12-3-4-6:55-7:25-9:55-10:25 Star & Strollers Screening, No Passes Thu 1
Tron: Legacy: An IMAX 3D Experience (PG) No Passes Thu 12:01
UFC 124 - St-Pierre vs. Koscheck (STC) Sat 7
Unstoppable (PG) Fri 12:40-3:20-6:25-10:40 Sat 12:40-3:20-10:40 Sun-Thu 12:40-3:20-6:25-10:40

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 6:30-9:30
Love & Other Drugs (14A) Fri 7:15-9:30 Sat-Sun 12:30-2:45-7:15-9:30 Mon-Thu 7:15-9:30

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Burlesque (PG) Fri-Thu 12:15-3:45-6:50-9:50
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) No Passes Fri-Thu 12:40-3:50-6:40-9:45
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) No Passes Fri-Thu 1:20-4:35-7:25-10:15
Due Date (PG) Fri 1:10-3:55-7:05-10:20 Sat 3:55-7:05-10:20 Sun-Thu 1:10-3:55-7:05-10:20
Faster (14A) Fri-Thu 12:30-3:40-7:30-10:25
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 12-3:10-6:30-10
Love & Other Drugs (14A) Fri-Thu 1:30-4:30-7:20-10:30
Megamind (G) Fri-Thu 1:20-4:20-6:55-9:40
The Metropolitan Opera: Don Carlo (STC) Sat 9:30
Tangled 3D (G) Fri-Thu 12:50-4:05-6:45-9:35
The Tourist (PG) No Passes Fri-Thu 1-4:15-7-10:05
Tron: Legacy (PG) No Passes Thu 12:01

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 4-7:10-10:20 Sat 1-4:10-7:20-10:30 Sun 1-4:10-7:20 Mon-Thu 4-7:10
Hereafter (PG) Fri 4:10-7:05-10:05 Sat 1:10-4:05-7:05-10:05 Sun 1:10-4:05-7:05 Mon-Thu 4:10-7:05
Morning Glory (PG) Fri 4:25-7:25-10:25 Sat 1:25-4:25-7:25-10:20 Sun 1:25-4:25-7:25 Mon-Thu 4:25-7:25
The Next Three Days (PG) Fri 4:05-7:10 Sat 1:05-4-7:10 Sun 1:05-4-7 Mon-Thu 4:05-7
Red (PG) Fri 4:20-7:20-10:15 Sat 1:20-4:20-7:15-10:15 Sun 1:20-4:20-7:15 Mon-Thu 4:20-7:20
The Social Network (PG) Fri 4:15-7:15-10:10 Sat 1:15-4:15-7:10-10:10 Sun 1:15-4:15-7:10 Mon-Thu 4:15-7:15
Unstoppable (PG) Fri 4:30-7:30-10:30 Sat 1:30-4:30-7:30-10:30 Sun 1:30-4:30-7:30 Mon-Thu 4:30-7:30

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

Burlesque (PG) Fri-Thu 12:50-3:50-6:55-10:05
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) No Passes Fri-Thu 12:05-2:55-7:10-15
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) No Passes Fri-Sat 11:35-1-3:25-4:15-6:45-7:30-9:50-10:30 No Passes Sun 11:30-1-3:25-4:15-6:45-7:30-9:50-10:30 No Passes Mon-Thu 11:35-1-3:25-4:15-6:45-7:30-9:50-10:30
Due Date (PG) Fri-Thu 1:45-4:45-7:40-10:20
Fair Game (PG) Fri-Thu 12:05-3:10-7:20
Faster (14A) Fri-Thu 1:25-4-7:10-9:50
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 11:30-12-1:30-3-3:30-5:30-6:30-7:05-9:30-10-10:30
It's a Wonderful Life (G) Sun 1
Love & Other Drugs (14A) Fri-Thu 12:45-3:45-7:30-10:35
Megamind 3D (G) Fri-Sat 1:05-3:50-6:30-9:15 Sun 3:50-6:30-9:15 Mon-Wed 1:05-3:50-6:30-9:15 Thu 1:05-3:50-9:15
The Metropolitan Opera: Don Carlo (STC) Sat 9:30
Morning Glory (PG) Fri-Thu 10:15
The Next Three Days (PG) Fri-Thu 12:20-3:35-7:10-10:25
Red (PG) Fri 1:10-4:10-7:25-10:20 Sat 1:10-4:10-10:20 Sun-Thu 1:10-4:10-7:25-10:20
Tangled (STC) Fri-Tue 12:30-3:20-7:05-9:55 Wed 3:20-7:05-9:55 Thu 12:30-3:20-7:05-9:55 Star & Strollers Screening Wed 1
Tangled 3D (G) Fri-Thu 11:40-2:20-5-7:40-10:10
The Tourist (PG) No Passes Fri-Tue 12:10-1-3:15-4-6:45-7:15-9:45-10:15 No Passes Wed 12:10-3:15-4-6:45-7:15-9:45-10:15 No Passes Thu 12:10-1-3:15-4-6:45-7:15-9:45-10:15 Star & Strollers Screening, No Passes Wed 1
Tron: Legacy (PG) No Passes Thu 12:01
UFC 124 - St-Pierre vs. Koscheck (STC) Sat 7
The Unjust (STC) Fri-Thu 1:15-4:30-7:35-10:25
Unstoppable (PG) Fri 12:40-3:40-7:20-10:05 Sat 3:40-7:20-10:05 Sun-Thu 12:40-3:40-7:20-10:05

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

Morning Glory (PG) Fri-Thu 9:15 Wed 12:30
Secretariat (G) Fri-Thu 7

HOLLYWOOD 3 CINEMA
7125-138th Street, Surrey, 604-592-4441

Despicable Me (G) Fri 4:45 Sat-Sun 12:30-4:45 Mon-Thu 4:45
Due Date (PG) Fri 7-9:10 Sat-Sun 2:45-7-9:10 Mon-Thu 7-9:10
Jackass 3 (14A) Fri-Thu 4:45
Legend of the Guardians: The Owls of Ga'Hoole (G) Sat-Sun 12:30-2:45
Morning Glory (PG) Fri 7:05 Sat-Sun 2:45-7:05 Mon-Thu 7:05
Red (PG) Fri-Thu 7-9:10
Secretariat (G) Fri-Thu
The Social Network (PG) Fri 4:45-9:10 Sat-Sun 12:30-4:45-9:10 Mon-Thu 4:45-9:10

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Band Baaja Baaraat (STC) Fri-Thu 12:10-3:15-6:40-9:50
Burlesque (PG) Fri-Thu 1:20-4:20-7:40-10:35
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) No Passes Fri-Tue 12:30-3:20-6:30-9:30 No Passes Wed 3:40-6:30-9:30 No Passes Thu 1:30-4:30-7:30-10:20 Star & Strollers Screening, No Passes Wed 1
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) No Passes Fri-Wed 1:30-4:30-7:30-10:20 No Passes Thu 12:30-3:20-6:30-9:30
Faster (14A) Fri-Thu 3:45-10
Guzaarish (PG) Fri-Thu 12:20-3:40-6:50-9:55
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 12:15-3:30-7-10:15
Khelein Hum Jee Jaan Sey (14A) Fri-Thu 12-6:20
Mar Jawan Gur Khake (PG) Fri-Thu 12:50-4-7:10-10:10
Megamind 3D (G) Fri-Thu 12:45-3:10-6:45-9:15
No Problem (STC) Fri-Thu 12:40-3:50-7:20-10:40
Tangled 3D (G) Fri-Thu 1:10-4:10-7:15-9:45
The Tourist (PG) No Passes Fri-Tue 1-4:15-7:50-10:30 No Passes Wed 4:15-7:50-10:30 No Passes Thu 1-4:15-7:50-10:30 Star & Strollers Screening, No Passes Wed 1
Tron: Legacy (PG) No Passes Thu 12:01

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

Burlesque (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:15-3:55-6:50-9:35 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:55-6:50-9:35
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 2-4:45-7:45 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:45-7:45 Dolby Stereo Digital, Stadium Seating Wed 1
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Stadium Seating, Dolby Stereo Digital Fri-Sun 1-1:30-3:45-4:15-6:45-7:15-9:30-10 Stadium Seating, Dolby Stereo Digital Mon-Thu 3:45-4:15-6:45-7:15-9:30-10
Due Date (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:40-4:25-7:25-9:45 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:25-7:25-9:45
Faster (14A) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:35-4:05-7:40-10:05 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:05-7:40-10:05
Harry Potter and the Deathly Hallows: Part 1 (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 2:45-6:55-10:15 Dolby Stereo Digital, Stadium Seating Mon-Thu 6:55-10:15
Love & Other Drugs (14A) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:05-3:50-7:20-10 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:50-7:20-10
Mar Jawan Gur Khake (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:10-4:10-7:10-10:10 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:10-7:10-10:10
No Problem (STC) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:25-4:40-7:55 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:40-7:55
Tangled 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:20-4-7:40 Dolby Stereo Digital, Stadium Seating Mon-Thu 4-7:9:40
The Tourist (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:45-4:20-7:05-9:50 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:20-7:05-9:50
Tron: Legacy (PG) No Passes, Stadium Seating Thu 12:01

RIALTO
1732-152nd Street, White Rock, 604-541-9527, criteriontheatres.com

Burlesque (PG) Fri 7-9:15 Sat-Sun 2-7-9:15 Mon-Thu 7-9:15
The Tourist (PG) Fri 7:10-9:20 Sat-Sun 2:10-7:10-9:20 Mon-Thu 7:10-9:20

CRITERION 4 WHITE ROCK
2381 King George Highway, 604-531-7456, criteriontheatres.com

Listings not available at press time.

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

Burlesque (PG) Fri-Sun 12:25-4:05-7:05-10:15 Mon-Thu 4:05-7:05-10:15
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Tue 3:30-6:30-9:30 No Passes Wed 6:30-9:30 No Passes Thu 3:30-6:30-9:30 Star & Strollers Screening, No Passes Wed 3
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) No Passes Fri-Sun 1-1:30-4-4:30-7-7:30-10-10:30 No Passes Mon-Thu 4-4:30-7-7:30-10-10:30
Due Date (PG) Fri-Sun 1:35-4:15-7:40-10:30 Mon-Thu 4:15-7:40-10:30
Fair Game (PG) Fri-Sun 12:50-4:05-7:05 Mon-Thu 4:05-7:05
Faster (14A) Fri-Sun 1:25-4:10-7:30-10:05 Mon-Thu 4:10-7:30-10:05
Harry Potter and the Deathly Hallows Part 1: The IMAX Experience (PG) Fri-Sun 12-3:30-7-10:30 Mon-Wed 3:30-7-10:30
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Sun 1-10-5-9 Mon-Thu 5-9 Fri-Sat 12:20-3:55-7:25-11 Sun 12:20-3:55-7:25 Mon-Thu 3:55-7:25
It's a Wonderful Life (G) Sun 1
Love & Other Drugs (14A) Fri-Sun 12:55-4:20-7:20-10:15 Mon-Thu 4:20-7:20-10:15
Megamind 3D (G) Fri-Sun 12:15-3:35-6:45-9:35 Mon-Thu 3:35-6:45-9:35
The Metropolitan Opera: Don Carlo (STC) Sat 9:30
Morning Glory (PG) Fri-Thu 9:50
The Next Three Days (PG) Fri 12:20-3:40-7:15-10:25 Sat 3:40-6:35-10:25 Sun 12:20-3:40-7:15-10:25 Mon-Thu 3:40-7:15-10:25
Red (PG) Fri 1:05-4:25-7:25-10:10 Sat 1:05-4:25-10:30 Sun 1:05-4:25-7:25-10:10 Mon-Thu 4:25-7:25-10:10
Tangled (STC) Fri-Sun 12:35-3:50-6:50-9:25 Mon-Thu 3:50-6:50-9:25
Tangled 3D (G) Fri-Sun 1:15-4:35-7:20-10:05 Mon-Thu 4:35-7:20-10:05
The Tourist (PG) No Passes Fri-Sun 12:45-1:20-3:45-4:25-7:10-7:35-9:55-10:25 No Passes Mon-Tue 3:45-4:25-7:10-7:35-9:55-10:25 No Passes Wed-Thu 4:25-7:10-7:35-9:55-10:25 Star & Strollers Screening, No Passes Wed 3
Tron: Legacy (PG) No Passes Thu 12:01
Tron: Legacy: An IMAX 3D Experience (PG) No Passes Thu 12:01
UFC 124 - St-Pierre vs. Koscheck (STC) Sat 7
Unstoppable (PG) Fri-Sat 1:40-4:45-7:45-10:20 Sun-Thu 4:45-7:45-10:20

TWILIGHT DRIVE-IN
260th Street & Fraser Highway, Langley, 604-856-5063

Listings not available at press time.

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Ben Stiller
Owen Wilson
Blythe Danner
Teri Polo
Jessica Alba
Dustin Hoffman
Barbra Streisand
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1801 Lonsdale Ave.
1392 Main St.

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Ironwood Mall
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Richmond Centre
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In her Hollywood, brunettes have all the fun

TIFFANY ROSE
METRO WORLD NEWS, HOLLYWOOD

When Colombian actress Sofia Vergara first arrived in Hollywood, she was told she wasn't Latin enough for roles.

"I am a natural blonde," she reveals. "I even have blonde eyelashes, and so I would go to auditions and they didn't know how to cast me because I had the strong accent; I had the attitude and I had the body but I was blonde."

They were comparing her to her Latino counterparts: Salma Hayek and Penelope Cruz.

"So I dyed my hair dark for a movie and I immediately started getting jobs because then I really became hot and Latin," she laughs.

All this changed when the now voluptuous 38-year-old landed a role in the 2003 independent film, Chasing Papi. More movie roles followed with guest spots on Entourage and Dirty Sexy Money.

But it was her role as Gloria on the Fox sitcom Modern Family that propelled her to overnight stardom. Now in its second season and a certified global hit, Vergara is not afraid of being typecast.

Shaking her head, she smiles: "I portray a typical Latino woman who's voluptuous, loud, passionate and personally for me, I wouldn't want to be described in any other way."

SUBMITTED

▶ Actress Sofia Vergara was recenly nominated for an Emmy for her role in Fox's Modern Family.

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TV picks

Guy from Pie

COPS. American Pie star Chris Klein guests in a new episode of the free-wheeling cop series The Good Guys.
(Friday, Fox)

Reese piece

LATE NIGHT. Reese Witherspoon drops by the Late Show with David Letterman a week before her new movie, How Do You Know, hits theatres.
(Friday, CBS)

Turn to Tron

MOVIE. With a souped-up sequel hitting theatres this weekend, why not revisit 1982's cult hit Tron? The campy sci-fi flick flopped upon its original release but has since built an audience.
(Saturday, YTV)

Get the tissues

CHRISTMAS CLASSICS. It's a Wonderful Life is an annual tradition in many households. CTV and NBC are airing the classic, while the 1969 special Frosty the Snowman will air on CBS.
(Saturday) THE CANADIAN PRESS

Actor Roth had his doubts about Lie to Me character

TIFFANY ROSE
METRO WORLD NEWS, HOLLYWOOD

When British actor Tim Roth, who's best known for his movie roles, was asked to star in the one hour TV drama Lie to Me, he immediately turned it down.

"I said no a couple of times and then I started taking it seriously," he recalls.

"I called around to a few actor friends, and they told me that a television job is seriously hard work and while a lot of them were dissatisfied as actors, they were happy with their bank balance."

He quickly adds: "From a creative standpoint, I was dissatisfied in the first season because I found it hard to adjust to the formula, but then I saw you could actually do something about that if you take it seriously. We gradually made a few changes in his behaviour and in the scripts and now I've grown to love this role."

Lie to Me is inspired by the scientific discoveries of a real life psychologist who is able to read clues embedded in the human face, body and voice to expose both the truth and the lies in criminal investigations.

Roth plays Dr. Cal Lightman of the Lightman Group, who is the world's leading deception expert.

If you lie to Lightman, he will know.

SUBMITTED

▶ Lie to Me star Tim Roth

7th heaven

GETTY IMAGES

ALEXANDER MCQUEEN
FASHION

The late designer was honoured with the British Fashion Institute's Outstanding Achievement in Fashion Design for the body of work he created during his career.

Also honoured at this week's awards were Phoebe Philo of Celine as designer of the year, and Naomi Campbell, who received a special recognition award for her work in the industry.

WRITERS GUILD
AWARDS

Still celebrating its Emmy Award win, Modern Family is now in contention for three Writers Guild Awards. Also nominated are 30 Rock, Breaking Bad, Glee, Nurse Jackie and Boardwalk Empire.

The awards are handed out in February.

JAMES CAMERON
FILM

What's next for the Canada-born filmmaker?

Well, looks like he is going to team up with another iconic Canuck institution. Deadline.com reports the producer and director will make a 3-D film centred on Cirque du Soleil.

GETTY IMAGES

DESPICABLE ME
DVD

Steve Carell's tale of a criminal mastermind whose plan to steal the moon is ruined when his heart is warmed by the sudden arrival of a trio of orphaned girls hits store and rental shelves on Tuesday.

The DVD release of Despicable Me includes extras, such as a look into the world where the animated film is set, as well as previews of the Despicable Me game.

PANTONE iCASES
PRODUCTS

Fed up with your tired old iPad skin?

The company Case Scenario recently teamed up with Pantone — the curators of colour and colour systems — to create iPad and iPhone cases based on its palette of hues. The result is colourific.

Visit case-scenario.com for more information on the Pantone iCases.

DWTS
TELEVISION

Portia de Rossi is one half of one of the world's most famous same-sex couples, but according to PopEater.com it wasn't enough to get her to be part of Dancing with the Stars' first same-sex dance couple.

The website reports that de Rossi — who is married to Ellen DeGeneres — turned down an offer to compete last season with a female dance partner.

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GETTY IMAGES

JAMES FRANCO
TELEVISION

Seventh Heaven favourite actor James Franco is not a person who likes to sit still.

The actor is currently attending university, working in film, writing books and creating art.

Well, General Hospital fans will want to tune in as Franco returns to the soap opera this February for a couple of episodes.

He has already appeared in a number of General Hospital episodes this past July.

Mix of Six

Festival
TheVanDusen Botanical Garden Festival of Lights

The beautiful VanDusen Botanical Garden switches on the lights for its annual Festival of Lights this Friday.

Visitors can listen to a choir concert or stroll through the garden, which is decorated with 1.4-million twinkling and spectacular lights.

The gardens open nightly at 4:30 p.m. Admission is $13 for adults, $7.25 for children.

Tour
Karaoke Christmas Lights Tour

The Vancouver Trolley Company invites you to belt out your favourite carols while visiting Vancouver light displays.

The tours begin Saturday at 6:30 p.m. and run through until Dec. 24.

The decorated trolleys leave from the Vancouver Christmas Market with stops at Bright Nights in Stanley Park and the Festival of Lights at the VanDusen Botanical Gardens.

The tour is $38. Visit vancouertrolley.com for more info.

Opera
Vancouver Opera presents Lucia di Lammermoor

Donizetti's masterpiece, which features one of the most famous scenes in opera, closes Saturday at the Queen Elizabeth Theatre.

The show, conducted by Jonathan Darlington, follows two feuding families in early 18th century Scotland.

It begins at 7:30 p.m. Tickets are $23 to $184 and available and vancouveropera.ca.

Holiday Celebration
Canyon Lights at Capilano Suspension Bridge

The famous suspension bridge is decorated with thousands lights for the annual holiday celebration.

Guests to the attraction will experience seasonal music, gingerbread cookie decorating and glass blowing.

Admission is $15. Visit capbridge.com for details.

Musical
Irving Berlin's White Christmas: The Musical

Based on the Paramount Pictures classic film, the Arts Club Theatre's production brings the holiday music of Irvin Berlin to life.

There is one performance Friday and two on both Saturday and Sunday.

All shows are at the Stanley Industrial Alliance Stage.

For tickets and info visit artsclub.com.

Shopping
One of a Kind Show and Sale

More than 250 of North America's most talented artists and designers show off one-of-a-kind Christmas gifts.

The ultimate craft show runs through Sunday at the new Vancouver Convention Centre.

Tickets are $10. Visit oneofakindvancouver.com for more info.

▶ The One of a Kind Show and Sale runs through Sunday.

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Brangelina adding more to brat pack?

Jolie tells Larry King they're open to it Says paparazzi makes it hard

GETTY IMAGES FILE

It looks like Angelina Jolie and Brad Pitt might not be stopping at the six kids they already have.

Jolie tells Larry King that while they have no immediate plans to add more children to their clan, they "are always open (to the idea)."

Of course, another kid would mean more worry about avoiding paparazzi, Jolie admits.

"Well, we try not to get them into the middle of it," she says.

"We try to get them around things and under things (to hide from paparazzi)."

METRO

Aniston furious with friend

Jennifer Aniston is reportedly less than thrilled with new pal Chelsea Handler's recent stand-up tirade against Angelina Jolie, according to Popeater.

"Jen has gone out of her way to keep her private feelings about that woman who stole her husband private and has always asked her friends to do the same," a source says.

"She is furious with Chelsea for bringing the whole situation back to life again and landing her on the cover of a weekly magazine tomorrow with a Brad (Pitt) headline. She hates drama or unnecessary attention and certainly doesn't want to ever see her face on a tabloid again with a headline about Angie or Brad."

Jolie met Pitt while on filming on the set of a movie they were making.

METRO

Ring coming for Witherspoon?

Reese Witherspoon might have a big surprise headed her way very soon.

Her boyfriend, Jim Toth, was reportedly spotted recently consulting with jewelers for an engagement ring, according to Radar Online.

"He was looking for something pretty big, around three or four carats. Reese probably wouldn't wear anything larger than that since she's not showy," a source says of the CAA talent agent.

"Price wasn't an issue."

METRO

Celebrity tweets

Lance Armstrong [@lance-armstrong]
Herdin' cats... Uh, I mean, trying to take our holiday card picture. Not easy with 5 kids!

Nicole Richie [@nicole-richie]
Aaahhhhh FINALLY a proper winter. And I had to go all the way to New York to get it.

Joel Madden [@Joel-Madden]
Know what I dream of? Boobies.

METRO

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Get your game on

Farmed game birds will be on many menus for Christmas dinner this year as Canadians opt for something other than turkey

That partridge in a pear tree might well be on your plate for Christmas dinner this year.

Although it is not considered a huge surge in the game bird industry, many Canadians are opting for something new this holiday season.

"I see a growing demand for game birds especially at this time of year," says Elaine Atlin, owner of La Ferme Black River Game Farm in Pefferlaw, Ont., an importer and distributor of game, poultry and gourmet products.

Dave Meli, owner of the Healthy Butcher in Toronto, says many of the customers for farmed game birds, including pheasant, quail, squab and guinea fowl, partridge and goose, are immigrants.

"Asians are the largest demographic when it comes to game birds," he says. "Others who want to try them often balk at the price of $16 a pound for partridge as opposed to Cornish hens, which retail for $8."

Nevertheless, there is an appetite for game birds to be sure, says Leila Batten, owner of White House Meats at Toronto's St. Lawrence Market. Her firm specializes in a large selection of game birds.

The reason they are pricey is the processing costs charged to farmers, she says. "If you are processing hundreds of thousands, the cost is lower. But when you are looking at under 100 birds you know your costs are going to be higher."

All three agree that one of the most popular game birds is Cornish hens.

These miniature chickens weigh up to 1.2 kilograms. Because they have a relatively small amount of meat to bone, each hen is usually just enough for one serving. They are best broiled or roasted.

Meli says you can get twice as much meat on a Cornish hen at half the price of pheasant or partridge. "It all boils down to what you expect to pay."

Batten says she is seeing more interest in game birds for small dinner parties, especially couples entertaining in smaller-sized condos.

"People seem willing to spend a little extra and make something different," she says. "And game birds aren't difficult to cook."

One bird that is in vogue all year round is duck, says Atlin.

"It is the most popular of all the game birds," she says. "You will find duck in many grocery stores because it is in demand."

The different breeds of ducks include Peking, the smallest, the Muscovy, which is fairly large, and the mallard duck, a cross between a Muscovy and a Peking. All are under 4.5 kilograms.

Duck can be prepared in a variety of ways including roasting, braising and broiling.

Meli concurs on the popularity of duck. "I do fresh duck every week and I see that trend continuing, especially among my customers who want healthy meat. It is also locally farmed."

THE CANADIAN PRESS

LA FERME BLACK RIVER/THE CANADIAN PRESS

A dish of Cornish game hen.

Guide to game

Here are some tips when purchasing farmed game birds such as pheasant, squab, guinea fowl, quail, partridge, duck and goose, among others.

- **Farmed game birds** are similar in many ways to chicken, so learning the various techniques for handling and cooking chicken teaches you a great deal about how to work with other birds.
- **Game birds** are versatile. You can cook them by broiling, roasting or using any of your other favourite methods or recipes.

Serving size

Here's how to gauge how many servings you can expect to get from each bird:

- **1 serving** equals 2 quail, 1 to 2 squab, or 1 small duck.
- **2 servings** equals 1 pheasant or 1 large duck.
- **A large** 2 to 2.75 kg (4 to 6 lb) goose should feed 4 to 6 people.

A tasty alternative to turkey

Because they are now raised domestically on farms, game birds, such as pheasants, duck and guinea fowl, are increasing in popularity. They can be found at specialty butchers, farmers markets and some supermarkets across Canada. Here is a recipe to try at a special dinner this holiday season using farmed pheasant.

Roasted Pheasants
Preparation:

1. Preheat oven to 220 C (425 F).
2. In a bowl, mix together mustard, paprika, salt, garlic and 125 ml (1/2 cup) of the butter to make a rub for pheasants.
3. Remove excess fat from cavities and necks of pheasants, then rinse and pat dry. Run your finger between skin and flesh of breast and legs of each hen to loosen skin (outside of thighs are easier to access from neck end).
4. Rub spice mix under skin and massage skin from outside to spread evenly over breast and legs. Season hens inside and out with salt and pepper and put half of herb stems in cavity of each bird.
5. Tie legs together with kitchen string and close cavity with toothpicks. Brush additional melted butter over birds, if desired.
6. Put pheasants in pan, breast sides up. Roast pheasants, basting every 10 minutes with a brush, until a thermometer inserted in thickest part of a thigh (without touching bone) registers 77 C (170 F), about 35 minutes.
7. Discard string and toothpicks from birds and transfer to a platter. Cover birds loosely to keep warm while making sauce.
8. In a skillet, melt remaining butter. Saute shallots until soft. Skim fat from pan juices and add with chicken broth to shallots. Deglaze by boiling, scraping up brown bits, until reduced to about 125 ml (1/2 cup). Add wine and continue boiling for 1 minute. Pour sauce through a sieve into a sauce boat and spoon over pheasants.
9. Chop additional herbs and scatter over pheasants. Makes 4 to 6 servings. THE CANADIAN PRESS

Ingredients:

- 2 whole pheasants, each about 1 kg (2 lb)
- 45 ml (3 tbsp) Dijon honey mustard
- 30 ml (2 tbsp) smoked paprika
- 15 ml (1 tbsp) salt
- 2 garlic cloves, crushed
- 175 ml (3/4 cup) butter, divided
- 4 large sprigs each fresh thyme, fresh tarragon and fresh flat-leaf parsley, leaves and stems separated, plus extra for garnish
- 3 shallots, thinly sliced
- 125 ml (1/2 cup) low-sodium chicken stock
- 125 ml (1/2 cup) white wine

3 life

Superfood

Buckwheat is not a cereal grain but a fruit seed and it ranks low on the glycemic scale.

It contains more protein than rice, wheat, millet or corn and is high in the essential amino acids lysine and arginine.

It's gluten free, and its unique characteristics reduce and stabilize blood sugar levels after a meal, which is an essential health benefit for people suffering from diabetes and struggling with obesity.

The proteins found in buckwheat are also believed to help reduce hypertension. It is also rich in magnesium, which reduces feelings of anxiety.

METRO

Baked apples with hazelnut spread a good wake-up breakfast for kids. Scan code for more.

Another way to get your eggnog fix

LARRY CROWE/AP PHOTO

▶ Golden Eggnog Loaf

The trouble with eggnog is that it seems destined for our hips. And other than simply abstaining, there's not a lot we can do about that.

What we can do is offer some interesting ways of getting it from the carton to your waistline. For example, a splash of eggnog can add an almost otherworldly creaminess to just about any smoothie or milkshake. It also makes an excellent substitute for milk or cream in puddings and French toast batter.

And don't forget the baked goods. This golden eggnog loaf is similar to pound cake and is delicious served on its own or topped with ice cream (in case the eggnog alone isn't enough).

Golden Eggnog Loaf Preparation:

1. Heat oven to 180 C (350 F). Coat a 9-by-5-inch loaf pan with baking spray or cooking spray and flour.
2. In a medium bowl, combine flour, baking powder, salt, cinnamon, ginger and nutmeg. Whisk until blended and set aside.
3. In a measuring cup, stir together eggnog and vanilla. Set aside.
4. In a large bowl bowl, use an electric mixer to cream butter and sugar until light and fluffy. Beat in eggs one at a time. Beat in half of the flour mixture followed by half of the eggnog mixture. Beat in remaining flour, follow by remaining eggnog.
5. Transfer batter to prepared pan. Bake for 45 to 55 minutes or until the top is browned and a skewer inserted at the centre comes out clean. Remove cake from pan and let cool on a wire rack. Makes 12 servings.

THE ASSOCIATED PRESS

Golden Eggnog Loaf Ingredients:

- 550 ml (2 1/4 cups) cake flour
- 15 ml (1 tbsp) baking powder
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) cinnamon
- 2 ml (1/2 tsp) ground ginger
- 2 ml (1/2 tsp) nutmeg
- 175 ml (3/4 cup) eggnog
- 10 ml (2 tsp) vanilla extract
- 175 ml (3/4 cup) unsalted butter, room temperature
- 250 ml (1 cup) sugar
- 2 large eggs

Making a Wise choice

The way we look and think about fish or seafood has shifted dramatically in recent years.

No longer can we take for granted that there is a sustainable source of either. Factors such as overfishing, pollution and mismanagement of fisheries have caused fresh and saltwater stocks to plummet across the planet.

But something profoundly positive is in the works. Ocean Wise is a nationwide conservation program created by the Vancouver Aquarium to educate restaurants and consumers about the issues surrounding sustainable seafood.

With more than 200 members ranging from fine dining restaurants to market suppliers and food services across Canada, Ocean Wise strives to ensure everyone works together to make ocean-friendly buying choices.

Sustainable seafood refers to seafood (including fish) that is abundant, well managed and caught or farmed in environmentally responsible ways, explains Jane Mundy, editor of The Ocean Wise Cookbook: Seafood Recipes That Are Good for the Planet (Whitecap, $34.95, paperback).

She says some sustainable fish and shellfish include herring and mackerel, freshwater fish raised in land-based fisheries and lake species such as whitefish, northern pike, pickerel, rainbow smelt and perch.

Sustainable seafood like clams, mussels, oysters and scallops are also great choices.

"Although I realize many restaurant chefs in B.C. are solidly behind the Ocean Wise program, we are endeavouring to promote it more in other parts of Canada."

Mundy took on the enormous task of collecting recipes from top Ocean Wise supporting chefs across the country.

All the recipes feature great sustainable seafood alternatives, as well as giving details on what seafood to buy, how to find it and how to prepare it.

Mundy says to be certain you are buying fish or shellfish that is sustainable, avoid supermarket fish counters.

THE CANADIAN PRESS

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Are you working at a paid job and have 3 or more of the following symptoms of depression?

- ☐ Depressed mood
- ☐ Diminished interest or pleasure in activities
- ☐ Change in appetite
- ☐ Poor sleep
- ☐ Fatigue
- ☐ Low self-esteem
- ☐ Poor concentration

If you have some of these symptoms and are between 19 – 65 years of age, you may be eligible to participate in a research study which combines telephone counselling and an antidepressant medication.

The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital.

For more information, call 604-822-7804.

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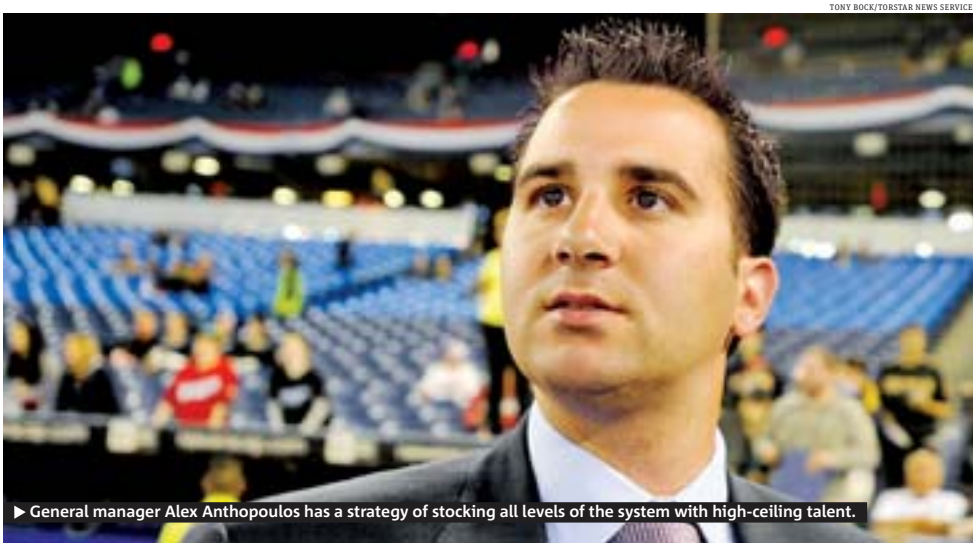
Stocking up to contend

Blue Jays GM seeks more sustainable improvement than that of his free-spending rivals ◐ Focus on players with potential to become stars

TONY BOCK/TORSTAR NEWS SERVICE



▶ General manager Alex Anthopoulos has a strategy of stocking all levels of the system with high-ceiling talent.

As the familiar high-stakes manoeuvring by the Boston Red Sox and New York Yankees played out at this week's winter meetings, the Toronto Blue Jays stayed true to their vision for building a winner.

General manager Alex Anthopoulos left Lake Buena Vista, Fla., having pulled off only one move at baseball's annual swap meet, picking up Canadian infield prospect Brett Lawrie in a trade with Milwaukee for starter Shaun Marcum.

It was a deal that drew mixed reviews from fans, who were split over the decision to give up an established and solid pitcher for a 20-year-old big on potential but short on track record.

Yet the trade, the 14th pulled off by Anthopoulos in just more than 14 months on the job, underlines the organizational philosophy the Montrealer believes will propel his club past its more flamboyant rivals.

Lawrie is the sixth former first-round pick Anthopoulos has added via trade, to go along with four second rounders, fitting into his grander strategy of stocking all levels of the system with high-ceiling talent.

By doing so, he believes he can turn the Blue Jays into a sustainable winner, a team able to field all-stars all over the diamond and fill holes by either promoting from within, or using prospects as trade chips to bolster the big-league club.

A reminder of how tough a challenge that is was provided by the Red Sox, who picked up slugger Adrian Gonzalez and reached an agreement with Carl Crawford, and the Yankees, who laid the groundwork for a deal with Cliff Lee.

Anthopoulos believes free agents are best used to put contending teams over the top. Right now the Blue Jays are in the talent-acquisition mode, and trades have been one of his most effective avenues in accomplishing that.

Lawrie fits right into the mould, and his addition is the latest example of Anthopoulos's persistence in trying to obtain a player he likes.

Anthopoulos began calling Brewers counterpart and fellow Canadian Doug Melvin about Lawrie shortly after he started on the job and didn't let up until a deal was struck.

"He was pretty persistent," Melvin said after the trade's announcement.

THE CANADIAN PRESS

St-Pierre has choice words for opponent

Georges St-Pierre let the cool facade slip Thursday, revealing a rare glimpse of what he truly thinks about challenger Josh Koscheck.

The UFC welterweight champion has ignored Koscheck's jibes and trash-talking ahead of UFC 124.

But as the pre-fight news conference ended Thursday at a Bell Centre restaurant, the 29-year-old from Montreal made his feelings known.

Having defeated Koscheck already at UFC 74 in August 2007, St-Pierre said a second win would knock the brash American well down the 170-pound ladder.

And he made it clear that out of sight would be out of mind.

"So I'm going to beat him Saturday night and it's going to be the end of it," St-Pierre said forcefully. "I'm not going to talk about him for a long, long time and I'm going to feel very happy."

St-Pierre (20-2) usually keeps his emotions in check, a practice that was tested by Koscheck during six weeks of filming of The Ultimate Fighter when the two served as rival coaches on the reality TV show.

THE CANADIAN PRESS

"I'm at my best when I'm under pressure and I can't wait for Saturday night."
GEORGES ST-PIERRE

4 sports

Quoted

"Not to take anything away from the other quarterbacks in the league, if you go back and watch the film, I'm always getting hit after I let go of the football."
MICHAEL VICK. VICK, COACH ANDY REID AND TEAMMATES HAVE ALL TAKEN TURNS EXPRESSING CONCERN THAT OTHER TEAMS AREN'T BEING PENALIZED FOR WHAT THEY PERCEIVE TO BE ILLEGAL HITS.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	30	20	8	2	0	96	69	42	10-5-1-0	10-3-1-0	10-0-0-0	W11
d-Washington	30	18	9	1	2	96	82	39	12-3-0-2	6-6-1-0	4-4-0-2	L4
d-Montreal	28	18	8	2	0	75	54	38	11-4-2-0	7-4-0-0	6-3-1-0	W3
Philadelphia	30	18	7	2	3	103	75	41	10-5-0-2	8-2-2-1	6-1-0-3	W1
Boston	27	16	8	0	3	80	54	35	7-5-0-2	9-3-0-1	5-3-0-2	W2
NY Rangers	30	17	12	1	0	88	90	35	6-8-1-0	11-4-0-0	7-3-0-0	W1
Tampa Bay	27	15	9	2	1	84	94	33	7-2-1-1	8-7-1-0	7-2-0-1	W1
Atlanta	28	15	10	1	2	88	80	33	9-5-0-1	6-5-1-1	8-2-0-0	W2
Buffalo	29	12	13	4	0	76	79	28	6-8-1-0	6-5-3-0	5-4-1-0	W1
Florida	27	13	14	0	0	71	69	26	6-5-0-0	7-10-0-0	4-6-0-0	W1
Ottawa	30	12	16	1	1	65	90	26	7-8-0-1	5-8-1-0	3-6-0-1	L2
Carolina	26	11	12	0	3	75	84	25	6-5-0-1	5-7-0-2	3-4-0-3	L1
Toronto	28	10	14	2	2	62	85	24	7-6-2-1	3-8-0-1	3-6-1-0	L2
New Jersey	27	8	17	1	1	50	81	18	4-6-1-1	4-11-0-0	3-7-0-0	L3
NY Islanders	26	5	16	3	2	55	88	15	3-6-1-1	2-10-2-1	1-7-2-0	L4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	26	17	6	2	1	88	70	37	10-3-1-1	7-3-1-0	5-3-2-0	L3
d-Dallas	27	16	9	0	2	79	74	34	10-3-0-1	6-6-0-1	6-2-0-2	L2
d-Vancouver	26	15	8	1	2	85	68	33	9-3-0-1	6-5-1-1	5-4-1-0	W1
Chicago	30	16	12	1	1	95	87	34	8-8-0-0	8-4-1-1	7-3-0-0	W2
Los Angeles	26	16	10	0	0	71	62	32	11-2-0-0	5-8-0-0	4-6-0-0	W3
St. Louis	27	14	9	2	2	71	73	32	9-2-0-1	5-7-2-1	5-4-1-0	W2
Phoenix	27	13	8	4	2	76	75	32	5-4-2-2	8-4-2-0	6-3-0-1	L1
Nashville	27	13	8	4	2	68	70	32	5-1-3-2	8-7-1-0	5-2-1-2	W1
San Jose	28	14	10	4	0	86	83	32	7-4-2-0	7-6-2-0	5-5-0-0	L1
Anaheim	31	14	13	2	2	78	94	32	9-6-0-1	5-7-2-1	4-5-0-1	L1
Columbus	27	15	11	0	1	71	75	31	7-7-0-1	8-4-0-0	4-5-0-1	L1
Colorado	27	13	10	4	0	94	86	30	7-4-1-0	6-6-3-0	4-3-3-0	L4
Minnesota	27	12	11	1	3	66	78	28	7-6-0-2	5-5-1-1	4-4-1-1	W1
Calgary	29	12	15	1	1	79	86	26	7-6-0-0	5-9-1-1	4-5-0-1	L1
Edmonton	27	10	12	1	4	72	96	25	4-6-1-1	6-6-1-2	6-2-0-2	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 5 N.Y. Islanders 2
Buffalo 6 San Jose 3
Toronto 4 Philadelphia 1
Florida 3 Washington 0
N.Y. Rangers 5 Ottawa 3
St. Louis 4 Columbus 1
Minnesota 3 Phoenix 2
Los Angeles 2 Calgary 1
Wednesday's results
Vancouver 5 Anaheim 4 (SO)
Pittsburgh 5 Toronto 2
Chicago 5 Dallas 3
Nashville 3 Detroit 2
San Jose 5 Philadelphia 4 (SO)
Tonight's games
(All times Eastern)
Montreal at Detroit, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Colorado at Atlanta, 7:30 p.m.
Carolina at Dallas, 8:30 p.m.
Tampa Bay at Edmonton, 9 p.m.
Calgary at Anaheim, 10 p.m.

FLYERS 4, LEAFS 1

First Period
1. Philadelphia, Leino 7 (Timonen, Richards) 11:13 (pp)
2. Philadelphia, Pronger 4 (Briere, Carle) 12:32
Penalties — Armstrong Tor (high sticking) 11:07, Coburn Pha (hooking, cross-checking) 13:17.
Second Period
3. Philadelphia, Briere 15 (Meszaros, O'Donnell) 12:18
4. Toronto, Grabovski 8 (MacArthur, Phaneuf) 16:14
5. Philadelphia, Briere 16 (Meszaros, Shelley) 17:17
Penalties — O'Donnell Pha (interference) 2:42, van Riemsdyk Pha (hooking) 9:46, Grabovski Tor (boarding) 13:57, Shelley Pha (misconduct) 17:17.
Third Period
No Scoring.
Penalties — Armstrong Tor (high sticking) 1:23, Phaneuf Tor (slashing) 8:11.
Shots

Philadelphia	10	9	9	28
Toronto	9	11	10	32

Goal — Philadelphia: Boucher (W,4-3-2), Toronto Giguere (L,6-6-2). **Power plays (goals-chances)** — Philadelphia: 1-4 Toronto: 0-4. **Referees** — Bill McCreary, Kyle Rehman. Linesman — Pierre Champoux, Jean Morin. **Att.** — 19,365 at Toronto.

KINGS 2, FLAMES 1

LOS ANGELES — NHL Thursday night:
First Period
1. Los Angeles, Clifford 1 (Simmonds) 12:08
Penalties — Sarich Cal (roughing) 12:38, Kopitar LA (interference) 13:32, Jackman Cal, Clifford LA (fighting) 17:39.
Second Period
No Scoring.
Penalties — Regehr Cal (hooking) 5:10, Giordano Cal (holding) 11:03, Harrold LA (slashing) 17:14, Calgary bench (too many men; served by Jokinen) 19:24.
Third Period
2. Los Angeles, Kopitar 11 (Johnson, Brown) 5:10 (pp)
3. Calgary, Jokinen 3 (Babchuk, Giordano) 16:39 (pp)
Penalties — Regehr Cal (tripping) 4:27, Clifford LA (interference) 15:08, Bourque Cal (slashing) 19:55.
Shots

Calgary	8	4	15	27
Los Angeles	11	11	10	32

Goal — Calgary: Kiprusoff (L,10-14-1); Los Angeles: Quick (W,14-5-0).
Power plays (goals-chances) — Calgary: 1-3; Los Angeles: 1-6.
Referees — Rob Martell, Don Van Massenhoven. **Linesmen** — Jonny Murray, Mark Shewchyk.
Attendance — 18,118 (18,118).

SCORING LEADERS

	G	A	PT
Crosby, Pgh	26	24	50
Stamkos, TB	21	19	40
Ovechkin, Wash	12	23	35
St. Louis, TB	11	23	34
Semin, Wash	18	15	33
B.Richards, Dal	12	21	33
D.Sedin, Vcr	15	17	32
Backstrom, Wash	11	21	32
Datsyuk, Det	9	22	31
H.Sedin, Vcr	3	28	31
Sharp, Chi	17	13	30
Perry, Ana	13	17	30
Hejduk, Col	10	20	30

Not including last night's games

GOLF

AUSTRALIAN PGA CHAMPIONSHIP

At Coolum, Australia
Par: 72
First Round

Andrew Buckle, Australia	33-31—64
Bobby Gates, United States	31-33—64
Liang Wenchong, China	30-36—66
Steven Bowditch, Australia	32-34—66
Peter Fowler, Australia	31-35—66
Matthew Millar, Australia	33-34—67
James Nitties, Australia	35-32—67
Andre Stolz, Australia	37-30—67
Akio Sadakata, Japan	34-33—67
Kieran Pratt, Australia	32-35—67
Matthew Griffin, Australia	32-36—68
Adam Crawford, Australia	34-34—68
Brad Kennedy, Australia	32-36—68
Gareth Paddison, New Zealand	34-34—68
Bradley Hughes, Australia	36-32—68
Tony Carolan, Australia	35-33—68
Rod Pampling, Australia	33-35—68
Anthony Summers, Australia	34-34—68
Scott Laycock, Australia	34-34—68
Aaron Townsend, Australia	33-35—68
Also	
Ronald Harvey, Sussex, N.B.	**37-36—73**

DUBAI LADIES MASTERS

At Dubai, United Arab Emirates
Par: 72
Second Round

Lydia Hall, Wales	70-67—137
Anna Nordqvist, Sweden	70-68—138
Iben Tinning, Denmark	70-69—139
Marianne Skarpnord, Norway	69-71—140
Maria Verchenova, Russia	68-72—140
Melissa Reid, England	70-70—140
Christina Kim, United States	73-68—141
Carling Coffing, United States	70-71—141
Morgana Robbertze, South Africa	69-72—141
Tandi Cuninghame, South Africa	72-70—142
Suh Bo-mi, South Korea	69-73—142
Maria Hernandez, Spain	70-72—142
Kym Larratt, England	70-72—142
Florentyna Parker, England	67-75—142
Gwladys Nocera, France	73-69—142

LPGA TOUR QUALIFYING TOURNAMEN

At Daytona Beach, Fla.
Champions Course: 6,389 yards, par-72
Legends Course: 6,468 yards, par-72
Second Round

a-amateur	
Libby Smith	67-69—136
Pornanong Phatlum	72-66—138
Jimin Jeong	69-69—138
Aree Song	67-72—139
Reilley Rankin	67-73—140
Belen Mozo	68-72—140
Shasta Averyhardt	70-71—141
Mollie Fankhauser	70-71—141
Sarah Brown	73-70—143
Jeehae Lee	71-72—143
Jin Young Pak	72-71—143
Allison Fouch	71-72—143
Caroline Hedwall	71-73—144
Lisa Ferrero	74-70—144
Katie Kempter	72-72—144
a-Jessica Korda	72-72—144
Nicole Jeray	70-74—144
Dewi Claire Schreefel	70-74—144
Angela Oh	70-74—144
Nicole Hage	71-73—144
Sara Brown	72-73—145
Leah Wigger	75-70—145
Nanette Hill	73-72—145
Cathryn Bristow	73-72—145
Jennifer Johnson	71-74—145
Dori Carter	71-74—145
a-Harukyo Nomura	76-69—145
Amelia Lewis	72-73—145
Jenny Suh	74-71—145
Pernilla Lindberg	68-77—145
Paola Moreno	72-74—146
Also	
Angela Buzminski	**70-77—147**
Adrienne White	**71-76—147**
Isabelle Beisiegel	**72-76-148**
Stephanie Sherlock	**74-74—148**
Samantha Richdale	**77-72-149**
Seema Sadekar	**77-73-150**
Ashley Smith	**78-74-152**
Jessica Shepley	**74-79-153**
Sue Kim	**78-76-154**
Kirby Dreher	**77-78-155**

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	18	4	.818	—
d-Orlando	15	6	.714	2½
Atlanta	15	8	.652	3½
Miami	15	8	.652	3½
New York	14	9	.609	4½
d-Chicago	12	8	.600	5
Indiana	10	10	.500	7
Charlotte	8	13	.381	9½
Milwaukee	8	13	.381	9½
Toronto	8	14	.364	10
Cleveland	7	15	.318	11
Philadelphia	7	15	.318	11
Detroit	7	16	.304	11½
Washington	6	15	.286	11½
New Jersey	6	16	.273	12

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	18	3	.857	—
Dallas	17	4	.810	1
d-L.A. Lakers	16	6	.727	2½
d-Utah	16	7	.696	3
New Orleans	14	7	.667	4
Oklahoma City	15	8	.652	4
Denver	13	8	.619	5
Phoenix	11	11	.500	7½
Portland	10	11	.476	8
Memphis	9	14	.391	10
Houston	8	13	.381	10
Golden State	8	14	.364	10½
Sacramento	5	15	.250	12½
Minnesota	5	17	.227	13½
L.A. Clippers	5	18	.217	14

d — division leader
Last night's results
Boston 102 Philadelphia 101
Dallas 102 New Jersey 89
Orlando at Portland
Wednesday's results
Boston 105 Denver 89
Chicago 88 Cleveland 83
New York 113 Toronto 110
Milwaukee 97 Indiana 95
Oklahoma City 111 Minnesota 103
New Orleans 93 Detroit 74
San Antonio 111 Golden State 94
Memphis 104 Phoenix 98 (OT)
Miami 111 Utah 98
Sacramento 116 Washington 91
L.A. Lakers 87 L.A. Clippers 86
Tonight's games
(All times Eastern)
Charlotte at Indiana, 7 p.m.
Denver at Toronto, 7 p.m.
New York at Washington, 7 p.m.
L.A. Lakers at Chicago, 8 p.m.
Detroit at Minnesota, 8 p.m.
Oklahoma City at New Orleans, 8 p.m.
Houston at Milwaukee, 8:30 p.m.
Atlanta at San Antonio, 8:30 p.m.
Portland at Phoenix, 9 p.m.
Orlando at Utah, 9 p.m.
Miami at Golden State, 10:30 p.m.

LEAGUE LEADERS

SCORING

	G	FG	FT	PTS	AVG
Durant, OKC	19	168	160	524	27.6
Bryant, LAL	22	201	154	585	26.6
Stoudemire, NYK	23	221	143	590	25.7
Rose, CHI	19	183	82	477	25.1
Nowitzki, DAL	21	202	103	523	24.9
Ellis, GOL	22	208	94	540	24.5
Gordon, LAC	21	164	154	510	24.3
James, MIA	23	184	162	555	24.1
Westbrook, OKC	23	182	176	546	23.7
Anthony, DEN	20	157	127	455	22.8
Martin, HOU	21	130	165	470	22.4
Wade, MIA	22	167	136	484	22.0
Beasley, MIN	20	177	68	440	22.0
Williams, UTA	23	168	132	501	21.8
Granger, IND	20	151	81	432	21.6
Gay, MEM	23	191	82	496	21.6
Bargnani, TOR	22	178	86	466	21.2
Scola, HOU	21	178	85	441	21.0
Howard, ORL	19	139	120	398	20.9

FG PERCENTAGE

	FG	FGA	PCT
Hilario, DEN	90	145	.621
Gasol, MEM	99	161	.615
Young, PHL	110	185	.595
Horford, ATL	164	278	.590

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
BALTIMORE ORIOLES—Acquired SS J.J. Hardy and INF Brendan Harris from Minnesota Twins RHP Jim Hoey, RHP Brett Jacobson and cash considerations.
NATIONAL LEAGUE
NEW YORK METS—Agreed to terms with RHP D.J. Carrasco to a two-year contract and C Ronny Paulino on a one-year contract.
PITTSBURGH PIRATES—Acquired RHP Cesar Valdez from Arizona to complete an earlier trade. American Association
EL PASO DIABLOS—Signed RHP Scott Vander Weg.

FRONTIER LEAGUE

GATEWAY GRIZZLIES—Signed OF Phil Colling.
OAKLAND COUNTY CRUISERS—Signed 2B Ray Stokes.
TRAVERSE CITY BEACH BUMS—Exercised the 2011 contract options on LHP Bryan Banes, RHP Eric Blackwell, LHP Jonny Bravo, RHP Scott Dunn, RHP Michael Moore, RHP Scott Mueller, RHP Ryan Platt, C Andrew Marshall, INF Chase Burch, INF Michael Diaz, INF Chris Engell, INF Kyle Eveland, INF Brad Miller, INF C.J. Ziegler, OF Matt Brown, and OF Jason Codiroli.

BASKETBALL

NBA

CHARLOTTE BOBCATS—Assigned G Sherron Collins to Maine (NBADL).

FOOTBALL

NFL

CAROLINA PANTHERS—Signed LB Alex Joseph to the practice squad.

CFL

CALGARY STAMPEDERS—Promoted Dave Dickenson to offensive coordinator.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin and F Rob Klinkhammer to Rockford (AHL).
EDMONTON OILERS—Recalled F Linus Omark and C Ryan O'Marra from Oklahoma City (AHL).
TAMPA BAY LIGHTNING—Acquired C Levi Nelson from Boston Bruins for LW Juraj Simek and assigned Nelson to Norfolk (AHL).

AHL

PEORIA RIVERMEN—Released D Jake Gannon.

BASKETBALL

NCAA

AP TOP 25 SCHEDULE

(All times Eastern)
Last night's results
No. 2 Ohio State 75 IUPUI 64
Temple 68 **No. 9** Georgetown 65
Tonight's games
No Games Scheduled.
Tomorrow's games
No. 1 Duke vs. Saint Louis, Noon
No. 3 Pittsburgh vs. **No. 11** Tennessee, 3:15 p.m.
No. 4 Kansas vs. Colorado State, 6:30 p.m.
No. 5 Kansas State at Loyola of Chicago, 4 p.m.
No. 7 Michigan State vs. Oakland, Mich. (at Auburn Hills, Mich.), 12:30 p.m.
No. 8 Syracuse vs. Colgate, 7 p.m.
No. 14 San Diego State vs. San Diego, 10 p.m.
No. 15 Missouri vs. Presbyterian, 5 p.m.
No. 17 Kentucky vs. Indiana, 5:15 p.m.
No. 18 BYU vs. Arizona, 6 p.m.
No. 19 Purdue vs. North Florida, 6:30 p.m.
No. 20 UNLV at **No. 24** Louisville, Noon
No. 21 Washington at Texas A&M, 4:30 p.m.
No. 22 Minnesota vs. Eastern Kentucky, 1 p.m.
No. 23 Notre Dame vs. Gonzaga, 8:30 p.m.
No. 25 Texas vs. Texas State, 4 p.m.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	10	2	0	.833	379	269
N.Y. Jets	9	3	0	.750	267	232
Miami	6	6	0	.500	215	238
Buffalo	2	10	0	.167	243	333
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Jacksonville	7	5	0	.583	257	300
Indianapolis	7	6	0	.538	347	317
Houston	5	7	0	.417	288	321
Tennessee	5	8	0	.385	290	265
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Pittsburgh	9	3	0	.750	267	191
Baltimore	8	4	0	.667	260	201
Cleveland	5	7	0	.417	229	239
Cincinnati	2	10	0	.167	255	322
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Kansas City	8	4	0	.667	295	237
Oakland	6	6	0	.500	283	269
San Diego	6	6	0	.500	323	253
Denver	3	9	0	.250	256	333

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	8	4	0	.667	308	247
Philadelphia	8	4	0	.667	344	281
Washington	5	7	0	.417	222	293
Dallas	4	8	0	.333	294	336
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Atlanta	10	2	0	.833	304	233
New Orleans	9	3	0	.750	299	227
Tampa Bay	7	5	0	.583	243	251
Carolina	1	11	0	.083	154	307
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Chicago	9	3	0	.750	246	192
Green Bay	8	4	0	.667	303	182
Minnesota	5	7	0	.417	227	253
Detroit	2	10	0	.167	278	306
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Seattle	6	6	0	.500	240	289
St. Louis	6	6	0	.500	232	237
San Francisco	4	8	0	.333	203	259
Arizona	3	9	0	.250	200	338

WEEK 14

Last night's result
Indianapolis 30 Tennessee 28
Sunday's games
N.Y. Giants at Minnesota, 1 p.m.
Tampa Bay at Washington, 1 p.m.
Cleveland at Buffalo, 1 p.m.
Green Bay at Detroit, 1 p.m.
Oakland at Jacksonville, 1 p.m.
Cincinnati at Pittsburgh, 1 p.m.
Atlanta at Carolina, 1 p.m.
Seattle at San Francisco, 4:05 p.m.
St. Louis at New Orleans, 4:05 p.m.
Kansas City at San Diego, 4:15 p.m.
Denver at Arizona, 4:15 p.m.
New England at Chicago, 4:15 p.m.
Miami at N.Y. Jets, 4:15 p.m.
Philadelphia at Dallas, 8:20 p.m.
Monday's game
Baltimore at Houston, 8:30 p.m.

FOOTBALL

NCAA

All Times Eastern
Saturday, Dec. 18
NEW MEXICO BOWL
At Albuquerque, N.M.
Texas-El Paso (6-6) vs. Brigham Young (6-6), 2 p.m.
HUMANITARIAN BOWL
At Boise, Idaho
Northern Illinois (10-3) vs. Fresno State (8-4), 5:30 p.m.
NEW ORLEANS BOWL
Ohio (8-4) vs. Troy (7-5), 9 p.m.

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1167-88 West Pender Street
KINGSWAY
3565 Kingsway
SURREY (inside T&T)
Central City Shopping Centre
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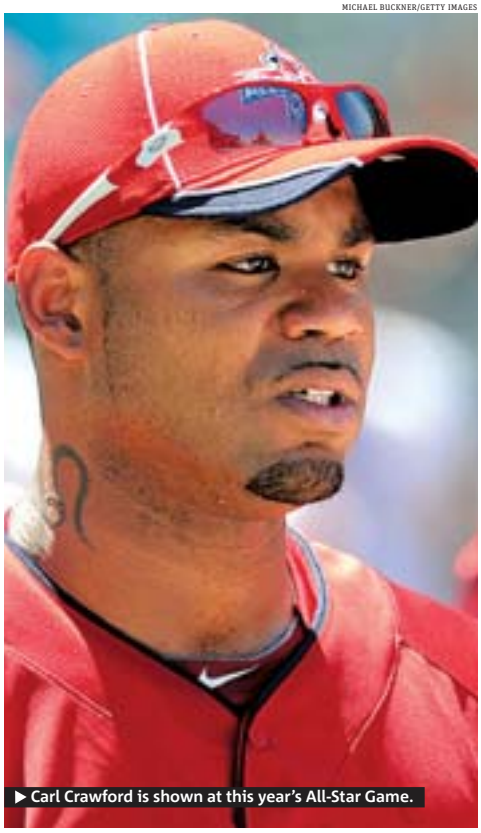

▶ Carl Crawford is shown at this year's All-Star Game.

Red Sox reel in another big catch

◗ Boston adds two 'impact' players in Crawford and Gonzalez at baseball winter meetings ◗ Yankees increase their offer to Lee

All about Carl

More about the latest addition to the Red Sox:

- The speedy Crawford is a four-time all-star and just won his first Gold Glove.
- He hit .307 with 19 home runs, an AL-leading 13 triples and 90 RBIs for Tampa Bay last season. He scored 110 runs and stole 47 bases.
- A dynamic player at 29, he has spent his entire major league career with the Rays.
- He is Tampa Bay's franchise leader in several categories, including hits, RBIs, runs and steals.

A night after Carl Crawford enjoyed a steak dinner with the New York Yankees, he served up a meaty surprise: He is going to play for the rival Boston Red Sox.

The Red Sox struck again at these winter meetings, reaching an agreement late Wednesday with the star left-fielder on a $142-million US, seven-year contract.

Boston general manager Theo Epstein wouldn't directly confirm the move Thursday.

"If things come together the way we hope and expect, we'll be really satisfied," he said.

Predictably, the Yankees quickly raised the stakes for their No. 1 target, increasing their offer to prize pitcher Cliff Lee to a seven-year contract. That's up from a six-year proposal worth nearly $140 million.

"He's a premier free agent," Yankees general manager Brian Cashman said. "He's worth waiting for."

A person familiar with the Crawford deal told The Associated Press the agreement was subject to him passing a physical. The person spoke on condition of anonymity because the deal was not yet finalized.

On Monday, the Red Sox announced they had acquired slugging first baseman Adrian Gonzalez in a trade with San Diego.

"You go into every winter with a Plan A, and sometimes it's hard to pull that off and you move on to Plan B and C," Epstein said. "I think adding an impact player was very important for where we were in the short, medium and long term and adding two, as long as they were the right players in the right spots in the right situations, would be even better."

Boston's big deals came after the Red Sox failed to make the playoffs and ratcheted up pressure on the Yankees to make a splash.

"They're loading up like they always do," Cashman said. "This is more significant."

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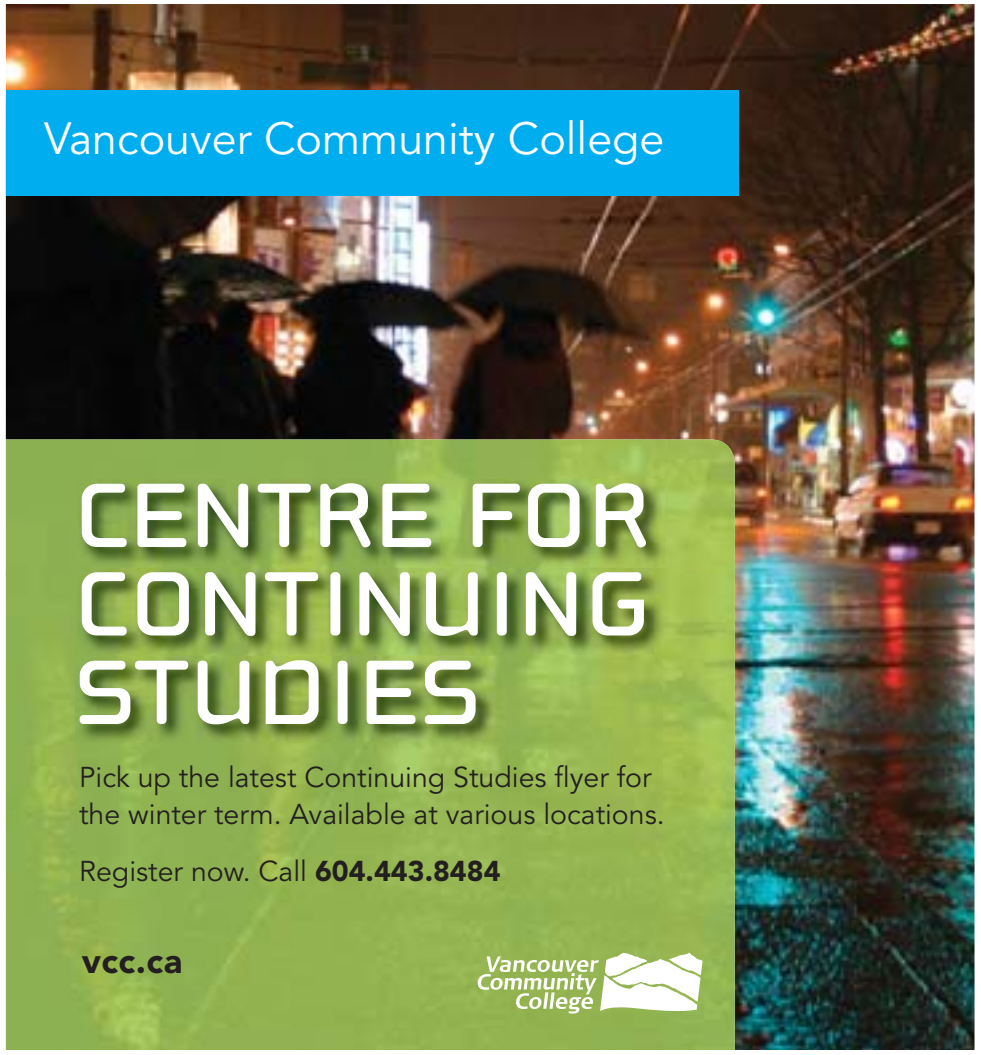
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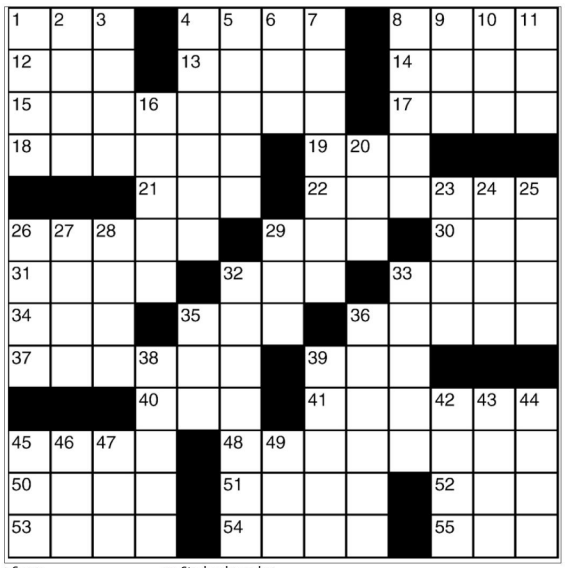

Across

1 Source of PIN money?
4 Colorful fish
8 Watercraft
12 Weep
13 Assess
14 Therefore
15 Trouble
17 Halt
18 Moral principles
19 That girl
21 Thickness
22 Frank
26 Binge
29 A handful
30 Greek vowel
31 Be in charge of
32 Path
33 Cripple
34 Cleo's slayer
35 Carton
36 Nervous
37 Empty talk
39 Young fellow
40 "Help!"
41 Porthos' pal
45 Plumbing problem
48 Portable cooker
50 Servitude symbol
51 Busy with
52 Performance
53 Paradise
54 Hammer part
55 "Quiet!"

Down

1 Rue the run
2 Run
3 Legend
4 Authoritative decider
5 Easy mark
6 Consumed
7 Pennsylvania city
8 Harass
9 Scrap
10 Past
11 Upper limit
16 Used a paper towel
20 Explanation
23 College VIP
24 Elevator name
25 Ready for anything
26 Persian bigwig
27 Mexican money
28 Engrossed
29 Transmit by wire
32 Put on a pedestal
33 Olympics award
35 Resume
36 Sport fish
38 Colorado ski mecca
39 Starbucks order
42 "Serpico" author Peter
43 Desire
44 Brother of Cain and Abel
45 Coloring agent
46 Scepter
47 Eisenhower
49 Indivisible

▶ Yesterday's answer

Sudoku

			3			1		
7	8						5	
		2			6		7	
	2	7	4	6			9	
1								2
	9			5	2	4	3	
	3		8			9		
	4						8	6
		5			1			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	1	4	2	3	9	8	7	6
7	9	2	8	6	1	5	3	4
3	6	8	4	7	5	9	1	2
6	4	9	3	2	7	1	8	5
2	7	5	1	8	4	3	6	9
1	8	3	5	9	6	4	2	7
8	5	6	9	1	2	7	4	3
9	2	1	7	4	3	6	5	8
4	3	7	6	5	8	2	9	1

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PAUL

Melissa, You are my rock, my inspiration, and my friend, you have stood by me through alot and i can't thank you enough, I love you more than words can say, you are beautiful in every way possible.
LOVE ADAM, FOREVER AND ALWAYS <3

To my best friend and my other half. Bonnie and Clyde whatever you call it I'm right behind, whenever your falling.
<3 LOVE SVN.

Today 9°/5° Showers 40%
Saturday 7°/5° Rain 90%

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A plan of some kind may come unstuck but don't blame it on those around you. As Mercury, planet of communication and the mind, begins its retrograde phase setbacks of one kind or another are to be expected.

♉ Taurus April 21-May 21 You may want to confide in a friend or colleague today but is that wise? Can they be trusted with sensitive information?

♊ Gemini May 22-June 21 Stop counting your losses and start counting your blessings. It may be easy to wallow in self-pity but if you make an effort to look on the bright side today you will quickly realize just how fortunate you are

♋ Cancer June 22-July 22 Chances are you will fall out with a loved one or someone in a position of power over the next 24 hours. But that's okay. Every now and again you have to have these quarrels to clear the air.

♌ Leo July 23-Aug.23 The reason why something that worked well for you in the past now seems to be going wrong is because you made changes that were not needed.

♍ Virgo Aug. 24- Sept. 22 Your opinions could get you into trouble today, especially if what you say offends people in positions of power. Will that warning stop you? Most likely not. With Mercury, your ruler, turning retrograde you just can't help yourself.

♎ Libra Sept. 23-Oct. 23 You may see plots and conspiracies wherever you look but do so many people really have it in for you, or is your imagination playing tricks on you? It's the latter, of course

♏ Scorpio Oct. 24-Nov. 22 Your task today is to do whatever it takes to put the smiles back on the faces of friends and relatives who seem to be a bit depressed.

♐ Sagittarius Nov. 23-Dec. 21 You may be tempted to give up on a plan that isn't making much headway but don't be too hasty. Over the next few weeks, while Mercury is retrograde, you are advised to leave it alone for a bit – but don't abandon it altogether.

♑ Capricorn Dec. 22-Jan. 20 Don't get into a situation where you have to commit yourself to something that you may not want to be associated with in the long-term.

♒ Aquarius Jan. 21-Feb. 18 You will be prone to negative thoughts today, not because anything bad is happening but because your mind is looking for reasons to highlight what's going wrong rather than what's going right.

♓ Pisces Feb. 19-March 20 Compromise is out of the question today.

● SALLY BROMPTON

Caption contest

CHARLES KRUPA/THE ASSOCIATED PRESS

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LOOK AGAIN

SPOT THE DIFFERENCES IN THESE TWO IMAGES.

Catalonia, Spain – 38-yr old precision driver Marc getting out of his Chevrolet Cruze in Cadaqués, a quaint vacation town just two and a half hours north of Barcelona.

CHEVROLET

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CRUZE
The All-New 2011 Chevrolet Cruze.

1. Sign removed on wall near security guard's head 2. T-shirt logo partially removed 3. Signal repeater light on Chevrolet Cruze car body is removed 4. Security guard's shoulder badge is removed 5. Security guard's arm is removed 6. Chevrolet Cruze rear-door handle removed 7. Chevrolet Cruze logo on front wheel center cap is missing 8. Chevrolet Cruze windshield washer nozzle on hood is removed 9. Security guard's hat badge color shifted to blue 10. Chevrolet Cruze rear wheel lug nut on front wheel is removed

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†The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ♦Prices for models shown: 2011 Accent 3 Dr GL Sport is $17,844. 2010 Elantra Limited is $22,944. Delivery and Destination charges of $1,495/$1,495 are included. Registration, insurance, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Finance offers available O.A.C. from Hyundai Financial Services based on new 2011 Tucson models with an annual finance rate of 0%/0% for 84/84 months. Monthly payments are $161/$173. No down payment is required. Dealer participation of $500 for 2010 Elantra L 5-speed is included. Finance offers include Delivery and Destination of $1,495/$1,495. Registration, insurance, PPSA, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Elantra L 5-speed for $14,500 at 0% per annum equals $172.61 per month for 84 months for a total obligation of $14,500. Cash price is $14,500. Example price includes Delivery and Destination of $1,495. Registration, insurance, PPSA, license fees and all applicable taxes are excluded. OTT $4,000 savings on the cash purchase of the 2010 Santa Fe GL 2.4L 5-speed manual models composed of $1,000 price adjustment and $3,000 manufacturer to dealer cash incentive. ‡Purchase or lease any 2011 Accent and receive a price adjustment of $1,600. ▾Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2011 Sonata GL 6-speed with an annual lease rate of 4.4%. Monthly payment is $299 per month for a 60 month walk-away lease. Down payment of $2,600 and first monthly payment required. Total lease obligation is $20,540. Lease offers include Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ^Fuel consumption for 2011 Sonata GL 6-speed manual: 7.5L/100KM, City 11.0L/100KM, Hwy 5.7L/100KM. Fuel consumption for 2011 Sonata GL 6-speed manual with Turbo: 8.7L/100KM, City 12.8L/100KM, Hwy 6.7L/100KM. Fuel consumption ratings for 2011 Energuide U.S. National Highway Traffic Safety Administration (NHTSA) New Car Comparison for Sonata GL 6-speed manual with Turbo: 8.7L/100KM, City 12.8L/100KM, Hwy 6.7L/100KM. Fuel consumption ratings for 2011 Energuide U.S. National Highway Traffic Safety Administration (NHTSA) New Car Comparison for Sonata GL 6-speed manual: 7.5L/100KM, City 11.0L/100KM, Hwy 5